MUSCLE SCRAPING

Muscle Scraping (or IASTM) involves using a range of tools to enable clinicians to efficiently locate and treat individuals diagnosed with soft-tissue dysfunction. Typically a tapered edge stainless steel instrument is utilized. The Graston® Technique is one popular example of IASTM that is widely known, and NNC's Dr. Welch is trained in the Graston® Technique.

What Is a Soft-Tissue Injury?

A soft-tissue injury involves damage to the muscles, ligaments, tendons and/or fascia somewhere in the body. Common soft-tissue injuries usually occur from a sprain, strain, blow to the body resulting in a contusion (ruptured blood vessels/bruising), or overuse of a particular body part. Soft tissue injuries can result in pain, swelling, bruising and loss of function. Adhesions and eventually scar tissue may develop as a result of repeated aggravation, surgery, or immobilization.

Muscle Scraping can be used to help alleviate the following symptoms:

- Limited motion

- Pain during motion
- Motor control issues (muscle activation/coordination)
- Issues building muscle strength

At Northern Nevada Chiropractic, common conditions that are typically treated with Muscle Scraping include:

- Neck and low back pain strain/sprains
- Carpal tunnel syndrome
- Lateral (Tennis elbow) and Medial (Golfer's elbow) epicondylitis
- Plantar fasciitis (foot)
- Rotator cuff tendinitis (shoulder)
- Achilles tendinitis (ankle)
- Patellafemoral disorders (knee)
- Shin splints
- Scar tissue

The main benefits of Muscle Scraping are:

- Separates and breaks down collagen cross-links, and splays and stretches connective tissue and muscle fibers
- Increases skin temperature
- Facilitates reflex changes in the chronic muscle holding pattern
- Increases the rate and amount of blood flow to and from the area
- Increases cellular activity in the region, including fibroblasts and mast cells

- Increases histamine response secondary to mast cell activity

Studies have shown clinical benefits of IASTM with improvements in range of motion, strength and pain perception following treatment.