

+Brighton Chiropractic  
& Nutritional Health  
Now Offering



Elyse Militello, D.C.



*Improving Injury Treatment and Rehabilitation*

## What Is Graston?

A form of soft tissue mobilization that detects scar tissue and adhesions. Stainless steel instruments are used to break up the injured tissue allowing for proper healing to take place.

## Common Conditions Treated

- Achilles Tendonitis
- Carpal Tunnel Syndrome
- Cervical Sprain/Strain (Neck Pain)
- Lateral Epicondylitis (Tennis Elbow)
- Lumbar Sprain/Strain (Back Pain)
- Medial Epicondylitis (Golfer's Elbow)
- Patellofemoral Syndrome (Knee Pain)
- Plantar Fasciitis (Foot Pain)
- Rotator Cuff Tendonitis (Shoulder Pain)
- Scar Tissue

\$15 per session