

# GRASTON INSTRUMENT SOFT TISSUE MOBILIZATION AND HOME STRETCHING FOR THE MANAGEMENT OF PLANTAR HEEL PAIN: A CASE SERIES

Looney, B., Srokose, T., Fernández-de-las-Peñas, C. and Cleland, J.A., 2011. Graston instrument soft tissue mobilization and home stretching for the management of plantar heel pain: a case series. *Journal of manipulative and physiological therapeutics*, 34(2), pp.138-142.

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## Setting the scene:

The aim of this prospective case series was to describe the **outcome of a set of patients with plantar fasciitis treated with Graston Instrument Soft Tissue Mobilization techniques (GT) and a home stretching program.**

## What did they do?

**10 patients** with a primary report of plantar heel pain completed self-report questionnaires including the Global Rating of Change Scale (GRC), **the Numeric Pain Rating Scale, and the Lower Extremity Functional Scale.** Patients were treated with GT directed to the triceps surae, soleus, plantar fascia, and medial calcaneal tubercle. Participants received a maximum of **8 treatments** over a time frame ranging from **3 to 8 weeks** at a **frequency of 1 to 2 sessions** per week. Each patient was instructed to perform the stretching program at home **3 times daily.** Patients completed all outcome measures at baseline, sixth visit (GRC), and at discharge on the eighth visit. There was a **statistically significant** difference between the number of patients who did and did not achieve a successful outcome. There was also a **significant improvement** from baseline to follow-up for the Numeric Pain Rating Scale and Lower Extremity Functional Scale

## Takeaway message:

The result of the current cohort design showed that 70% of patients experienced a successful outcome. Overall, the 10 patients with PF treated in this case series with GT exhibited statistically significant and clinically meaningful improvements in pain and function