

IDENTIFYING THE SOURCE OF PAIN

Denise Woods is the proprietor of Total Care Chiropractor of Council Bluffs. Woods spoke to Club members about a new method of diagnosis and treatment of connective soft tissue injuries. This method is called the Graston Technique. Woods received training for the method in Boston, MA. She is the only chiropractor to use it in the area at present, although it has been used in outpatient clinics since 1993. Woods explained the procedure uses stainless steel tools that are glided along a patient's muscles, tendons or ligaments and act like a 'scar tissue' stethoscope. The presence of 'scar tissue' is a clue of previous injury and can be the cause of pain and dysfunction as it lacks the strength and flexibility of healthy tissue. Identifying the source of the problem is the important first step in treatment. Woods stated that factors of age, history of condition, occupation and lifestyle determine the scope of treatment. Six to eight treatments could be expected to re-educate and realign muscles and provide relief from pain.