

The Graston Technique



Dr. Arnold became certified in The Graston Technique in 2006 and uses these specially-designed stainless steel instruments to detect and effectively treat scar tissue that can cause chronic inflammation

The Graston Technique has been [featured on ABC 7 Bay Area](#).

[You can click here](#) to see at least 17 different conditions the Graston Technique can help treat and scroll down to learn why the Graston Technique is such an effective treatment method:

*"After developing **debilitating pain in both shoulders** after a week of camping and a lousy hotel bed, I went to Dr. Arnold on a recommendation by a friend. I thought "**just another chiropractor and another adjustment**". **I was wrong**. That night I got the best sleep in days. I received four treatments over a two week period. **My pain significantly improved after the first two treatments**. The range of motion increased and the forearm numbness disappeared. I went from sleeping four hours a night to my regular eight hours."*

Kevin - Danville, CA

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold to see how the Graston Technique can help you.