
Learning Objectives

MedBridge

Graston Technique®: Evidence-Based Management for the Lower Quadrant

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Course Objectives

Upon completion of this course, learners will be able to

- Analyze the relevant anatomy and kinesiology of the lower quadrant that cause pain and movement dysfunction in these structures
- Produce an efficient evaluation plan based on current research to assess injuries of the lower quadrant that occur in patients and athletes
- Apply evidence-based manual therapy techniques that can effectively address injuries of the lower quadrant that occur in patients and athletes
- Choose evidence-based therapeutic exercise techniques that can effectively address injuries of the lower quadrant that occur in patients and athletes
- Implement an efficient, cost-effective, and evidence-based system of customizable orthotics that can address injuries of the lower quadrant that occur in patients and athletes