

Graston Technique Specialist Practice Test Questions and Answers

1. What is the Graston Technique?

- A) An instrument-assisted soft tissue mobilization therapy
- B) A surgical procedure
- C) A medication protocol
- D) A diagnostic imaging method

2. What are Graston instruments made of?

- A) Stainless steel with specific edges and angles
- B) Plastic materials only
- C) Wood and bamboo
- D) Rubber and silicone

3. What is the primary goal of Graston Technique treatment?

- A) To break down scar tissue and fascial adhesions
- B) To increase muscle mass
- C) To reduce bone density
- D) To strengthen ligaments only

4. Which conditions commonly benefit from Graston Technique?

- A) Plantar fasciitis, tennis elbow, and carpal tunnel syndrome
- B) Only acute fractures
- C) Only psychological conditions
- D) Only digestive disorders

Answers: 1-A 2-A 3-A 4-A

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