Effect of Soft Tissue Mobilization and Stretching on GIRD in Collegiate Baseball Players

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**PURPOSE**

Compare an experimental group receiving Graston technique and a stretching program to a control group receiving only the stretching program and to see whether GIRD decreases more with the experimental group or the control group.

**RESULTS**

A one-way ANOVA was conducted. According to the p-values, the results were not found to be statistically significant. A p-value of 0.443 was found for the Graston Technique/stretching group and a p-value of 0.711 was found for the stretching group.

**MAIN OUTCOMES**

Results were found to be clinically significant as shown by the improvements in GIRD. The Graston Technique/Stretching group had 7/11 patients show an increase in ROM. In the stretching group 7/10 patients showed an increase in ROM.

**CONCLUSIONS**

Further studies should include a larger sample size and a longer study with increased treatment time (2-3 times per week). With a larger sample size and an increased length of time with more frequent treatments, there might be a more significant outcome in the glenohumeral ROM measurements, specifically internal rotation.

**REFERENCES**

4. Laudner, K., Compton, B.D., McLoda, T.A., and Walters,


**KEY WORDS:** Graston, GIRD, posterior capsule stretch, cross body stretch, sleeper stretch