

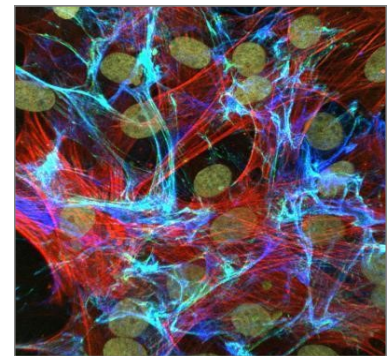
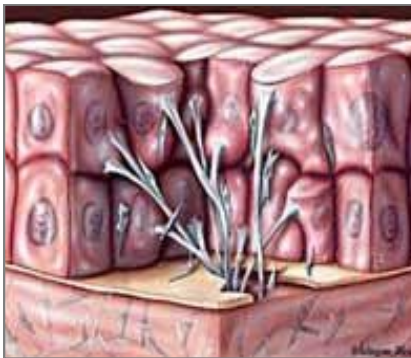


What is scar tissue?

- Fibrous tissue that forms when normal tissue is destroyed by disease, injury, or surgery.
- For example, scar tissue forms when a wound heals after a cut, sore, burn, or other skin condition, or when an incision is made into the skin during surgery.

Facts about scar tissue?

- Scar tissue formation and remodeling continues for 3 to 18 months following wound healing. Damaged tissue is not permanent and the earlier and more consistently scar tissue is exercised, massaged and warmed, the less possibility of developing any long-term concerns.
- Scar tissue needs to be kept lubricated to help soften and increase its pliability. Mediums such as lotion, castor oil, vitamin E oil, or other oil can prevent scar from drying out and re-opening.



Therapeutic Treatment 3 Primary Approaches

1. Stretch

- Helps improve range of motion and lengthen scar tissue fibers
- Optimizes lymphatic circulation and drainage around scar
- Combined with massage is most effective in lengthening fibers

2. Pressure

- **Massage** helps ease constriction of the affected tissue by stretching the skin next to the scar
- Helps prevent adhesions from forming and breaks down unwanted adhesions
- Improves flow of blood circulation and lymphatics
- Silicone scar sheets / Kinesio Taping—creates a soft connective tissue pull in the direction the scar is having difficulty moving towards.
- **Myofascial Release**—place two or three fingers at the beginning of the scar and stretch the skin above the scar in a parallel direction. Then move the fingers a quarter of an inch further along the scar and repeat the stretch of the adjacent tissue, working your way along the scar. Follow the same pattern of finger movements using a circular motion instead of straight stretches. Work your way along the scar in a clockwise and counterclockwise fashion.
- **Deep Transverse Friction**—Apply pressure from fingers directly on the scar and move crosswise to the direction of the fibers.
- **Manual Lymph Drainage**—Place the flat of the hand/fingers above the scar, then make gentle circular pumping motions on the scar.

3. Thermal Modality (Heat)

- Heat helps the pliability and flexibility of the scar.
- Common tools used to apply heat are paraffin wax, moist heat packs, or ultrasound.