

## Home Exercise Program: Scar Tissue Mobilization

**Basic Principle:** 1) Identify the area of skin adhesion, 2) Move the skin over the underlying tissue with the fingertip in circular, side to side motion, 3) A rubber glove or massage tool may be used for better grip. 4.) Move for 10 sec at one spot and then move to next covering the entire identified area of adhesion. **Please follow the instructions from your therapist regarding dosage of each exercise.**

For video link of these exercise, please scan the QR code or visit at <https://youtu.be/1GH3Vpe6g70>

### Step 1: Identify area of adhesion



### Step 2: Move the adhered skin over the underlying tissue in circular and side to side motion



**Mobilize for 10 sec at one spot and move to next covering the entire identified area.**