

# TREATING SCAR TISSUE

## ASSESSING THE SCAR

Assessing the scar is an important first step. It allows us to see what areas need to be worked on. This can include areas of the scar that are “stuck,” areas that need desensitizing and areas that may not have healed yet.

To assess the scar you gently touch the skin surrounding it and observe what the tissue feels like and if there is any pain. Next, you can gently pull on the tissue in different directions (North, South, East, West) to see where the restrictions are.



If you want a more thorough assessment, reach out to East End Holistics.



### DESENSITIZING

Nerves and other soft tissue have usually been damaged by whatever has caused the scar. This may increase the likely-hood of altered sensation which could include numbness, tingling or pain.

Desensitizing the area could be as simple as stroking the tissue, scar massage or using hydrotherapy.



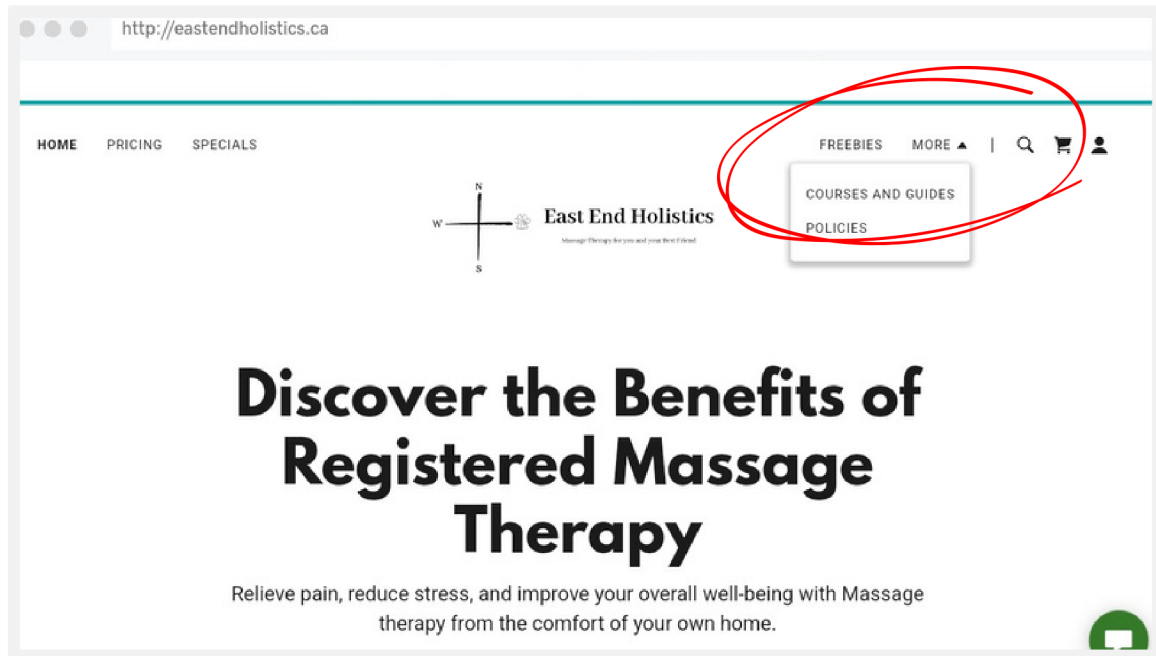
### TECHNIQUES

some simple techniques to try are passively stretching the area or skin, fascial techniques like skin rolling on more mature scars or general Swedish techniques. Cupping can also be used by someone trained in the modality.



### POST TREATMENT

After performing self-massage or having Massage Therapy done on your scar, it's important to always use ice. If Scar massage is performed properly, it will usually produce temporary inflammation. Scar tissue thrives in inflammation so it's important to keep it at bay. This step is especially important for those who are more prone to keloids.



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### Course Overview

- In-depth Scar Massage Techniques
- How to desensitize the incision site
- The physiology of why ice is important
- Start to Finish Massage Routine

You won't be disappointed!