



Surgery Recovery: How Myofascial Release and Therapeutic Massage May Support Your Recovery

Recovering from surgery takes time. Even after an incision has closed, your body may continue adapting to the physical changes associated with the procedure.

Depending on the type of surgery, you may experience stiffness, muscular tension, changes in movement, or discomfort in areas surrounding the surgical site. You may also notice that your body feels different as you gradually return to your normal activities.

Myofascial release and therapeutic massage may provide complementary wellness support during appropriate stages of recovery.

At **Tranquil Oaks Myofascial Release and Therapeutic Massage**, we take a careful, individualized approach to post-surgical clients, always respecting the healing process and your healthcare provider's recommendations.

Your Body Continues Healing After Surgery

Surgery doesn't end when you leave the operating room.

Your body continues to heal and adapt during the weeks and months that follow. Depending on the procedure, you may temporarily change the way you sit, stand, walk, sleep, or perform everyday activities.

These changes can sometimes contribute to muscular tension in areas surrounding the surgical site.

For example, after surgery involving the hip, knee, abdomen, shoulder, or back, you may find yourself moving differently to protect the affected area.

That compensation can place additional demands on other muscles.

How Myofascial Release May Support Comfort



Myofascial release focuses on the fascia and surrounding soft tissues.

When appropriate during recovery, gentle hands-on techniques may be used to address muscular tension in areas surrounding the surgical site.

Depending on the procedure and your stage of recovery, treatment may focus on areas such as:

- Muscles surrounding the surgical area
- Neck and shoulders
- Back
- Hips and glutes
- Arms and legs
- Other areas affected by changes in movement

The surgical site itself may not be appropriate for direct hands-on work, particularly during the early stages of healing.

Your therapist will work within appropriate boundaries based on your recovery and the information you provide.

What About Surgical Scars?

Once a surgical incision has appropriately healed, some people become aware of tightness, sensitivity, numbness, or changes in tissue mobility around the scar.

This can occur with many types of surgery, including:

- C-sections
- Abdominal surgery
- Joint replacement
- Orthopedic procedures
- Breast surgery
- Hernia repair
- Other surgical procedures

Scar-related work requires special consideration.

A scar must be adequately healed before it is addressed directly, and your surgeon or healthcare provider's instructions should always take priority.



Timing Matters

One of the most important questions following surgery is:

When is massage appropriate?

There is no universal answer.

The appropriate timing depends on the type of surgery, your healing progress, medications, complications, and your healthcare provider's recommendations.

Before scheduling massage following surgery, make sure you understand your healthcare provider's instructions regarding activity and hands-on care.

If you are uncertain, ask your physician or surgical team whether massage or myofascial release is appropriate for you.

Massage Can Be Part of a Bigger Recovery Plan

Massage should never replace post-operative medical care, physical therapy, prescribed exercises, medications, or follow-up appointments.

Instead, when appropriate, therapeutic massage may become one component of a broader recovery and wellness plan.

Rest, appropriate movement, nutrition, hydration, physical therapy, and following your healthcare provider's instructions are all important aspects of recovery.

Communication Is Especially Important

Before your Tranquil Oakes session, tell your therapist:

- What type of surgery you had
- When the surgery occurred
- Whether your incision has fully healed
- Any areas of pain or sensitivity
- Any restrictions provided by your healthcare provider
- Whether you're currently receiving physical therapy



- Any medications or other considerations your healthcare provider has asked you to be aware of

This information allows your therapist to better understand your situation and provide care appropriate to your comfort level and stage of recovery.

Supporting Your Body as It Heals

Recovery doesn't always happen in a straight line.

Some days may feel better than others. You may experience stiffness or muscular tension as you gradually return to your normal activities.

When appropriately timed and medically appropriate, personalized massage may provide an opportunity to relax and address surrounding muscular tension during this process.

At **Tranquil Oakes Myofascial Release and Therapeutic Massage**, we respect that recovery is your body's process—and your care should be individualized accordingly.

Restore. Relieve. Renew.

If you are recovering from surgery and would like to explore complementary massage or myofascial release, contact Tranquil Oakes to discuss your situation and determine whether services may be appropriate for your stage of recovery.

Important Disclaimer

This article is intended solely for general educational and informational purposes and does not constitute medical, dental, or healthcare advice.

Tranquil Oakes Myofascial Release and Therapeutic Massage provides massage and myofascial release as complementary wellness services. These services are **not intended to diagnose, treat, cure, or prevent any medical, dental, or other health condition.**

Information presented in this article should not be interpreted as a diagnosis or recommendation for a particular course of treatment. Individual results and experiences with massage and myofascial release vary, and no specific result is guaranteed.



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Massage therapy and myofascial release should not be used as a substitute for evaluation, diagnosis, or treatment by a qualified physician, dentist, physical therapist, surgeon, or other appropriately licensed healthcare professional.

If you have persistent, severe, worsening, unexplained, or concerning symptoms—or if your symptoms follow an injury or surgical procedure—please seek appropriate professional medical evaluation.

If you are currently under the care of a healthcare or dental professional, consult with them regarding whether massage or myofascial release is appropriate for you.