



Scar Tissue and Massage: How Myofascial Release May Support Mobility and Comfort

A scar is more than a mark on the skin.

Whether it resulted from a **C-section, abdominal surgery, orthopedic procedure, injury, or another surgical procedure**, a scar represents the body's natural healing process. And while the incision may eventually close and the visible scar may fade, changes in the underlying tissues can sometimes remain long after the skin has healed.

Some people notice that an area around a scar feels tight, restricted, sensitive, numb, or simply different from the surrounding tissue. Others may not notice anything for months or even years—until a change in activity, movement, or another physical issue draws their attention to an old scar.

Myofascial release and therapeutic massage may provide complementary wellness support for appropriately healed scar areas and the surrounding soft tissues.

At **Tranquil Oakes Myofascial Release and Therapeutic Massage**, we understand that every scar—and every person's experience with one—is different.

What Happens When the Body Forms a Scar?

Scar formation is a normal part of the body's healing process following an injury or surgical incision.

As the body repairs damaged tissue, new connective tissue is produced. The resulting scar tissue can have different characteristics from the surrounding, uninjured tissue.

A healed scar may feel:

- Tight
- Thickened
- Firm
- Sensitive
- Numb



- Less mobile than the surrounding skin
- Tethered or restricted
- Completely comfortable with no noticeable symptoms

There is considerable variation from person to person.

The appearance of a scar also doesn't necessarily tell you how the underlying tissue feels.

A relatively small or faint scar may still feel restricted, while a more noticeable scar may cause little or no physical discomfort.

C-Section Scars

A C-section is a major abdominal surgery, and the resulting scar can involve multiple layers of tissue beneath the skin.

After the incision has appropriately healed, some individuals become aware of sensations around the scar such as tightness, pulling, sensitivity, numbness, or altered skin mobility.

Some people may also notice that the tissues around the lower abdomen, pelvis, hips, or abdominal wall feel different following surgery.

C-section scars can also be a contributing factor in back pain!

Myofascial release may be incorporated into a wellness routine to address appropriate surrounding soft tissues and encourage relaxation and comfortable movement.

The timing of any work around a C-section scar is important. A surgical incision must be adequately healed before massage or myofascial techniques are applied to or around the area.

If you have recently undergone a C-section, follow your physician or other healthcare provider's instructions regarding when massage or other hands-on services are appropriate.

Surgical Scars

C-sections are only one example.

Surgical scars can result from procedures involving many different areas of the body, including:

- Abdominal surgery
- Hernia repair



- Gallbladder surgery
- Joint replacement
- Knee or hip surgery
- Shoulder surgery
- Breast surgery
- Back surgery
- Other orthopedic procedures
- Other surgical interventions

Even when a surgical incision has completely closed, the surrounding tissues may continue to feel different.

Depending on the location and circumstances, appropriate myofascial work may focus on the scar itself, surrounding tissues, or related areas of the body.

The specific approach should always be individualized.

What About Old Scars?

An important misconception is that only new scars can benefit from attention.

People sometimes live with an old surgical or injury scar for **years—or even decades** before realizing that the surrounding tissue feels restricted.

An old scar may be completely asymptomatic, or it may be associated with sensations such as:

- Tightness
- Reduced skin mobility
- A pulling sensation
- Sensitivity
- Tenderness
- Changes in how the surrounding area moves
- Pain in areas not associated with the scar.

The age of a scar does not automatically determine whether the surrounding tissues can be addressed through appropriate complementary care.

A scar that is several years old is still part of the body's connective-tissue landscape.

How Myofascial Release May Help



Myofascial release focuses on the fascia—the connective tissue that surrounds and supports muscles and other structures throughout the body.

When appropriate, gentle hands-on techniques can be used to work with the soft tissues surrounding a healed scar.

The purpose isn't to "erase" the scar.

Instead, the focus may be on **supporting comfortable movement and relaxation of the surrounding soft tissues**.

Depending on the location and condition of the scar, a session may include attention to:

- The scar and immediately surrounding tissue
- Nearby muscles
- Fascia surrounding the affected area
- Areas above and below the scar
- Related areas that may have developed compensatory tension

The approach is determined by the individual's situation and comfort level.

Scar Tissue Isn't Just a Surface Issue

A scar may be visible on the surface, but healing occurs through multiple layers of tissue.

This is particularly relevant with surgical scars.

A C-section scar, for example, isn't simply a line on the skin. The surgical procedure involves multiple tissue layers, each of which undergoes its own healing process.

This is why working with scar-related tension requires patience and an individualized approach.

More pressure is not necessarily better.

Aggressive manipulation isn't appropriate for every scar, particularly when a scar is new, sensitive, irritated, or not fully healed.

At Tranquil Oakes, the emphasis is on personalized care and respecting the body's current condition.

New Scars Require Special Consideration



If you have recently had surgery, your body is still healing.

The fact that the incision has closed does not necessarily mean that the tissues underneath are ready for massage.

Before receiving massage or myofascial work involving or near a new surgical scar, make sure you have followed your healthcare provider's postoperative instructions and received appropriate clearance when necessary.

Never assume that because a scar looks healed on the outside, it is ready for hands-on work.

Can Massage Remove a Scar?

No massage technique should be presented as a way to erase a scar.

A scar is a natural result of tissue healing, and its appearance and characteristics can vary considerably.

The goal of myofascial release isn't to eliminate the scar.

Instead, appropriate work may focus on the **mobility, comfort, and relaxation of the surrounding soft tissues**.

Results vary from person to person, and no specific outcome can be guaranteed.

Your Scar Has a Story

For some people, a scar is simply a reminder of a surgical procedure or injury.

For others, it represents childbirth, cancer treatment, an accident, a sports injury, or another significant experience.

Regardless of how you received it, your scar is part of your body's history.

You don't need to be embarrassed by it, hide it, or feel that you have to change its appearance.

If the tissues around a healed scar feel tight or uncomfortable, however, personalized therapeutic care may be worth exploring.

When to Seek Professional Medical Advice



Not every scar should be addressed with massage.

If a scar is:

- Red or increasingly discolored
- Warm to the touch
- Swollen
- Opening
- Bleeding
- Draining
- Increasingly painful
- Showing signs of infection
- Associated with a new or unexplained lump
- Associated with significant or worsening symptoms

seek appropriate medical evaluation.

Likewise, if you have recently undergone surgery, follow your surgeon's or healthcare provider's instructions regarding wound care and when massage may be appropriate.

Massage therapists do not diagnose complications of surgery or determine whether a wound is medically healed.

Personalized Care at Tranquil Oakes

Every scar is different.

Its location, age, size, depth, cause, healing history, and the surrounding tissues can all affect how it feels.

That's why Tranquil Oakes takes an individualized approach.

During your session, communicate openly about your scar and your experience with it. Let your therapist know:

- What caused the scar
- How old it is
- Whether you have experienced sensitivity or numbness
- Whether the area feels tight or restricted
- Whether you have had any recent procedures
- Whether you are currently under medical care
- Anything that makes the area uncomfortable



This information helps your therapist provide care that respects your individual needs and comfort.

Your Scar Doesn't Have to Define Your Comfort

Whether your scar is **six weeks old, six years old, or several decades old**, the surrounding tissues are part of your body's overall movement system.

Myofascial release and therapeutic massage may offer complementary wellness support for people who experience tension or discomfort around appropriately healed scars.

At **Tranquil Oakes Myofascial Release and Therapeutic Massage**, the focus isn't on changing who you are or erasing your history.

It's about providing thoughtful, personalized care that supports relaxation, comfort, and your relationship with your body.

Restore. Relieve. Renew.

If you have an appropriately healed surgical, C-section, injury, or other scar and would like to learn more about personalized myofascial release and therapeutic massage, contact Tranquil Oakes to discuss whether a session may be appropriate for you.

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.

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.



TRANQUIL OAKES
MYOFASCIAL RELEASE AND THERAPEUTIC MASSAGE SERVICES
PEARLAND, TEXAS
WWW.TRANQUILOAKES.COM
admin@tranquiloakes.com
© 2026 Tranquil Oakes LLC

No distribution or reproduction allowed without permission

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.