

TREATING SCAR TISSUE

When the body undergoes surgery a healing process starts in the tissues resulting with a scar. During that process, non-elastic fibres will replace the cut tissues. All scars can show signs of inflammation, hypertrophy or can be adherent.

During surgery, different layers of tissues will be cut in order to access the area to be operated on. A healing process will start in all these layers from the superficial cutaneous one to the deepest one. This is when adhesions can occur at the level of the skin, in the fascial layers, between layers of muscles or deeper at a visceral level.

When many layers are adherent, it causes a protective reaction of the body. In fact, the body tends to adapt by moving in the direction that will stretch the least the adhesions. After a few months of adaptation, the body cannot move with optimal alignment. This is when nearby joints can become painful. Visceral discomfort can also be noticed, such as abdominal bloating, increased pain during menstruation, heartburn. It is recommended to massage the scar three months after surgery to avoid any adhesions.

The goal of treatment is to regain the sliding capacity of the different layers of tissues, without pain, and to regain the normal mobility of the joints, muscles and surrounding organs. The therapist will gently stretch and mobilize the scar tissue from the superficial layers to the deepest ones. When indicated, joint mobilizations and specific visceral massages will be done to regain mobility of the scar tissue.