

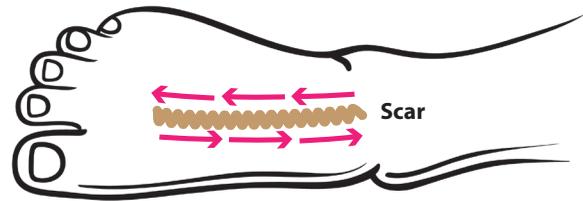
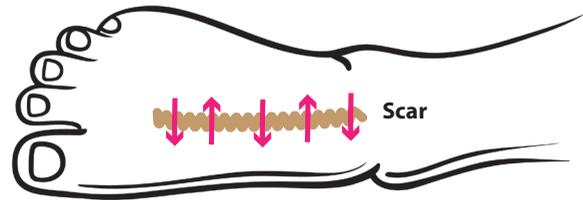
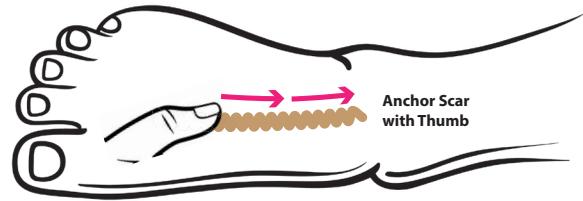
# SCAR MANAGEMENT Treatment Protocol

5-10 Minutes



## SURFACE SCAR

1. Anchor one end of the scar and massage AWAY from the anchor using one fluid stroke. (1-2 minutes)
2. Massage across the scar using thumbs, one on top of the scar and one below the scar. Move one thumb down across the scar as the other thumb moves up across the scar. Continue this motion for the entire length of the scar. (1-2 minutes)
3. Stretch the skin above and below the scar by placing one thumb on top, horizontal to the scar and the other thumb below and horizontal to the scar. Move the thumbs towards each other. (1-2 minutes).



## TRAUMA SCAR

1. Soft tissue mobilization techniques that include gentle range of motion of the joints surrounding the scar(s), gentle skin rolling or skin lifting. (5 minutes)

## GUIDELINES

**Indications:** Client is post-surgery 6 weeks. Client is post-radiation therapy 6 weeks. Client has decreased ROM.

**Pressure:** Touch Level 2 slowly increasing to Touch Level 4 over several weeks/months as indicated. See Contraindications below.

**Touch Guidelines:** A VERY SMALL amount of thick cream, Vitamin E oil or dry skin works best.

**Client Self Care:** Teach client to massage their own scars using appropriate Touch Level Guidelines.

## CONTRAINDICATIONS

Do NOT massage a scar in the quadrant affected or at risk for lymphedema; refer to qualified professional.

Do NOT use Touch Level 4 on trauma scars.

Do NOT go deeper than Touch Level 2 on a trauma scar from radiation for one year post-radiation.

Do NOT use lotion or oil as skin becomes too slippery.

Refer to Physical Therapist if you are unfamiliar with scar management techniques from your massage therapy certification program.