



Managing Scar Tissue With Massage Therapy

In response to an injury our body goes through an inflammatory process in order to repair the tissues. During the process our body lays down more fibrous tissue (collagen) that is needed in order to repair the damaged structures. When collagen tissue matures it is referred to as scar tissue. Excessive scar tissue can start to pull on tendons and ligaments and also compress nerves, blood vessels and organs. Prolonged immobilization, surgical incisions, fractures, burns, and whiplash can contribute to scar tissue and adhesion formation. Consequences resulting from scar tissue formation include, restricted range of motion, decreased physiological function, numbness around the scar, pain and, postural misalignment.

Massage therapy can dramatically reduce the structure of scar tissue formation. Manual manipulation can free the

restrictive bands, which will allow the scar tissue to soften. This will aid in releasing any compressed nerves and blood vessels along with increasing circulation and returning proper nutrition to the structure. Massage techniques can also help reduce the sensitivity that is sometimes associated with scar tissue. Reducing scar tissue and adhesions can help improve postural imbalance and recover functional mobility for a healthier lifestyle. Massage therapy can also help reduce the amount of scar tissue that can develop in initial stages. When edema is present, massage techniques along with hydrotherapy can di-

minish the amount of collagen that may form and ultimately reduce the amount of scar tissue that is formed.

If you have recently suffered from an injury or have a surgical incision from many years ago your body can benefit from massage therapy. It is never too early or too late to start managing scar tissue and adhesion formation to improve your daily functional ability. **To book an appointment at MaxFit today call 604-461-6888 or visit our website at www.maxfit-movement.com.**



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