



- **ScarWork** was developed by Sharon Wheeler more than 40 years ago.
- Scar formation is a natural process of wound healing. Resulting scar tissue is structurally and functionally different. The normal healing process is often compromised by many factors, resulting in more fibrous tissue formation with uneven texture and adhesions being laid down. ScarWork treatment helps soften the scar tissue, release the underlying adhesions and improve integration into surrounding tissue.
- ScarWork is done directly over the scar in order to soften the tissue, release adhesions to increase mobility and assist with further integration of the scar into surrounding tissues.
- It is a type of treatment that can be used on both new and old scars.

ScarWork treatment can help with:

- Improving the health of the tissue
- Improving mobility
- Restoring sensation
- Reducing sensitivity
- Releasing underlying adhesions

ScarWork may be beneficial to clients with scars from accidents, burns or surgical procedures such as:

- Caesarian section
- Spinal surgery
- Joint replacement
- Mastectomy and breast reconstruction
- Appendix or gallbladder removal
- Open heart surgery
- Hysterectomy
- Abdominoplasty
- Laparoscopic surgery
- and many more...

ScarWork is a very effective treatment that utilises gentle techniques. It is painless and surprisingly relaxing. The improvement after the treatment is lasting.