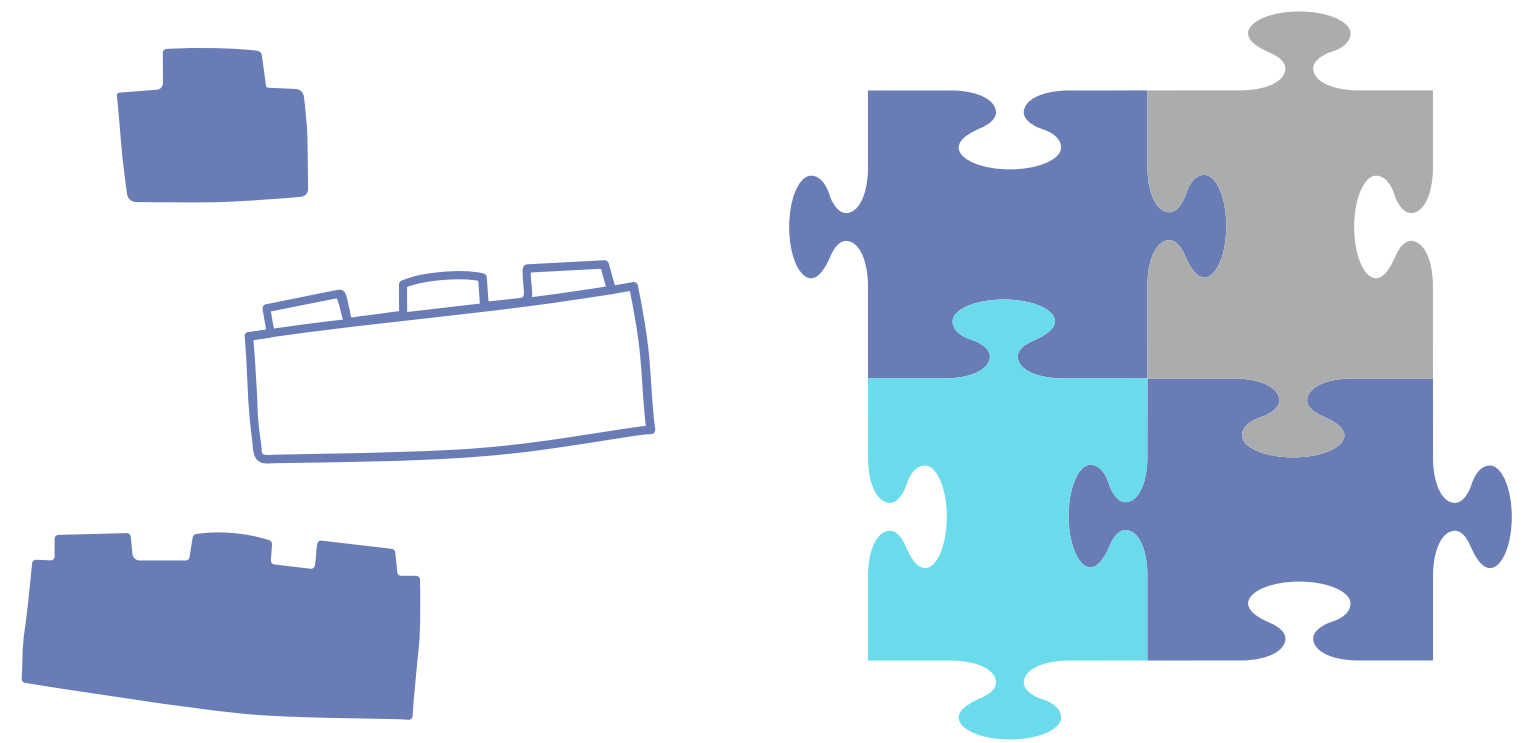


ScarWork Therapy

ScarWork is a form of massage therapy that has been designed to aid the integration of new or old scars into the surrounding area. It is a relaxing treatment which is done directly over the scar to make the area feel looser, lighter, and less stiff. ScarWork techniques were developed over 40 years ago by Structural Integration therapist Sharon Wheeler.


Accidents, burns, or surgeries may leave you with a scar that is...

- 
- rigid
 - tight
 - numb
 - stuck down
 - overly sensitive
 - restricting movements



Scar-related symptoms can be helped with ScarWork. Most people respond quickly to this type of treatment. Scar tissue will remain in place, but it will become better integrated with the surrounding tissues and feel flatter, smoother and less restrictive.

Our bodies are formed of interlacing structures, designed to slide and glide. As a scar forms, the slide and glide of the area is disrupted and can be permanently compromised by formed adhesions. Stimulation of the scar site with a ScarWork treatment helps to encourage blood and lymphatic flow which can initiate further healing.



It may be beneficial to clients with scars from: accidents, burns or surgical procedures such as Caesarian section, hysterectomy, spinal surgery, joint replacement, foot surgery, hip and knee replacements, mastectomy / breast reconstruction, appendix or gallbladder removal, open heart surgery, abdominoplasty, skin grafts, laparoscopic surgery, etc.

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