

SCAR MASSAGE

A scar is the final healing process of a wound; it is a poor substitute for skin. They are usually less elastic and hypertrophic and their sensitivity is abnormal as they are decreased; even in simple scars, there may be adhesions or fibrosis that pose problems at the time of rehabilitation.

The different massage techniques applied to the scars are an important complement to their treatment, as they will promote the normal healing process. Scars evolve more favorably due to the application of very precise and meticulous massage techniques, whose specific purposes are:

- Prevent adhesions

- Improve capillary permeability

- Improve the flexibility of scar tissues

- Promote the aesthetic aspect

To perform this massage, the scar must be completely healed (without stitches, completely closed and without the presence of infection). Healing time varies from person to person, but is usually between 6 to 8 weeks.