



Helping Your Scars Heal Properly



Scars are a very important part of your body to treat. They often bind down to areas of your body that should be moving. Even old scars can limit the way that you are supposed to move.

As your body heals, following an injury or surgery, it forms scar tissue. Scarring is good in that it closes wounds, but heavy, binding scar tissue can prevent normal function. To gain a soft, supple scar that allows good movement of the hand, the scar must be stressed. You can stress and remodel your scar by performing cross friction massage. The following should be done frequently during the day.

Rub the scar with your thumb or one or two fingers. Use circular, up / down, and sideways motions with firm, deep pressure. Perform the scar massage slowly allowing the tissues to stretch. Do not just slide over the skin.

Separate the skin from the tissue below by pinching the skin between fingers and thumb. Roll the skin between your fingers.

Use vibration on the scar. Any small electric appliance that vibrates, such as the handle of an electric shaver or electric toothbrush can be used on the scar.

Do scar massage for at least 5-10 minutes a day when your scar is fully closed. Ask your physical therapist to explain to you scar massage and if you have any questions.

Want to know more about AIM Physical Therapy and
how we help people have healthy lives?

Call (561) 733 7677