

Pro-align, Sydney

Injury Profile: scar release for Pro- Align

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The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Friction Massage to Scar



- Massage without cream in order to be able to stretch the skin well and move the layers upon each other
- Place a finger tip of your other hand against the central area of the scar. Use the pads of the fingers not the tips.
- Press down gently, melting into the tissue and move the skin over the scar
- You should stretch the skin in all directions (forward, back, side to side) and pause for 5 seconds in any areas where you feel a restriction
- this can be done over any area with a scar no matter how old.

Self Massage



- Performing massage on the affected area yourself will help ease the tension in the tissue
- Ensure your direction of massage is always towards the heart to improve the removal of excess fluid
- Use a moisturiser if you do not have a suitable massage lotion
- using lotion will make the technique more superficial. Think of kneading the tissues and rolling them on top of each other.

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.