Scar Massage and Mobilization

Scar tissue forms following a surgery as your body heals. Scarring closes the incision(s), but may prevent return of movement and function. Massaging and mobilizing the scar will help with regaining skin mobility, decrease muscle tightness, and also decrease sensitivity of the scar and tissue surrounding it.

Once your incision is healed, the following should be done _____times daily:

- Apply lotion to the scar. Lotions containing vitamin E and cocoa butter are recommended, or use a cream or lotion provided by your therapist.
- Using your fingertips, rub the scar with firm, deep pressure as tolerated.
- Use a circular motion across the length of the scar.
- Sideways and up and down motions may also be used.
- Massage the skin around the scar as well.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.