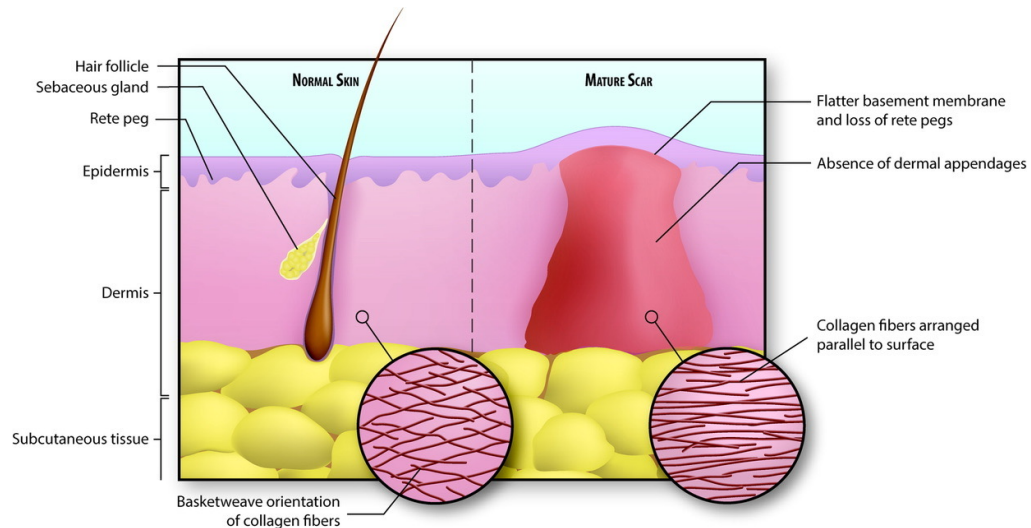


WHAT IS SCAR WORK?

Scar work is a treatment for improving the appearance of scars, reducing tightness and encouraging mobility between the layers of skin, fascia and muscles. The treatment can be beneficial on both new and old scar tissue.

Creating scar tissue is our body's way of mending trauma. However, these adhesions often leave us compromised with tension, restriction, and disorganisation. Scars may cause some problems. Thickened scar tissue may develop, and there may be swelling feelings of restriction, or changes in sensation such as numbness, itching, and pain. The complexity of our structure means that scars may even lead to discomfort elsewhere in the body.



Collagen in normal skin is arranged in a basket-weave pattern, whereas scar collagen is arranged in parallel fibers. This, in addition to the lack of elastic fibers, contributes to the stiffness of scar tissue.

Scar work uses a very light touch and is not painful. The work starts with surface layers and eventually goes deeper into the layers of reduced mobility.

Whilst the following list is not conclusive the most commonly treated scars include those for: Knee/ hip replacements; Appendectomy; Caesarean; Abdominal surgery; Facial scars.

BENEFITS

- Reduced discomfort and sensitivity;
- Reduced tightness and improved elasticity and overall tissue function;
- Reduced redness and appearance;
- Stimulate and boost Healing;
- Improved range of movement;
- Support Emotional Wellbeing.

The amount of change in one intervention can be extensive in its level of integration. Lumps, gaps, ridges, holes, bumps, knots, and strings in the tissue smooth out into the surrounding three-dimensional fascial web.

These two images are of the scar of a man in his mid 60s following a hip replacement 8 months after his surgery. Before the treatment then after a 1-hour session of scar work.



Before



After a 1-hour scar work session

PRE-REQUIREMENTS & CONTRA-INDICATIONS

- The client must follow the recommendations of his /her physician;
- The scar is not open, infected, inflamed weeping or painful and there is no redness around the scar due to inflammation;
- For new scars, a minimum period of 3 months after the stitches have been removed and dried must be observed;
- Scar work is not suitable for keloid scars.

SESSION DURATION

45 min to 1 hour

PRICE

£85

BOOKING AND CONTACT

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LOCATION

The Studio
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(Underground stations: Chiswick Park and Gunnersbury)