

Hand Therapy

Scar massage

QLD

Massage can help make a scar softer and flatter. It can also help your movement.

How to do it:

- Use the pads or soft tips of your fingers or thumb.
- Massage
 - With lotion. Use a moisturising lotion that has no perfume.
 - Without lotion. Use finger tips / non-slip matting (Dycem)
- Press firmly but do not cause pain. Use:
 - light pressure
 - medium pressure
 - deep pressure

Stop the massage and check with your doctor or therapist if you notice any:

- Redness that lasts longer than 30 minutes after massage
- Bleeding
- Moisture or ooze from the scar
- The scar feels warmer than the area around it (for longer than 30 minutes after massage)
- More pain



Do ____ sessions per day.

Do each massage that is ticked for ____ minutes each.

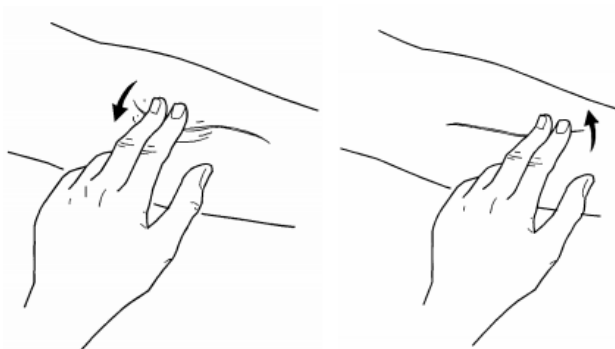
Circles

Use two fingers or thumb. Make small circles over and around the scar.



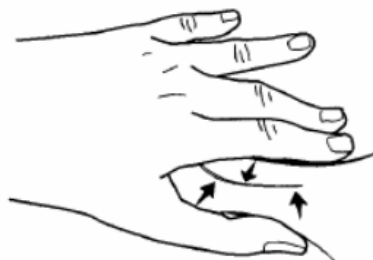
Criss-cross

Pull then push your fingers or thumb across and along the scar.



Rolling

Pinch a small amount of the scar between your thumb and fingers. Do this along the length of the scar.



Please contact your therapist if you have any questions.

Therapist _____ **Phone Number** _____

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Images: http://www.orthoncforms.com/forms/physical_therapy/homeex/Scar_Massage.pdf

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