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Scar Tissue Reduction Therapy

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Scar tissue therapy refers to soft tissue treatment and mobilization to break down scar tissue. Soft tissue adhesions can become a significant source of back pain. When soft tissues are injured, the tissue repair process sometimes leads to adhesion and/or scar formation. The presence of scar can cause limited range of movement, stiffness and pain. Scar therapy is a specialized form of massage performed with the hands or with specially designed instruments to help separate adhesions and break down scar tissue. The overall goal of scar remodeling therapy is to mobility and stretch connective tissue and muscle. A specialized approach referred to as the Graston Technique incorporates the use of instruments along with a form of massage to comb over and reduce adhesive scar in the muscle and ligaments of the spine and other joints.