

## C-Section Massage: A Beginner's Guide

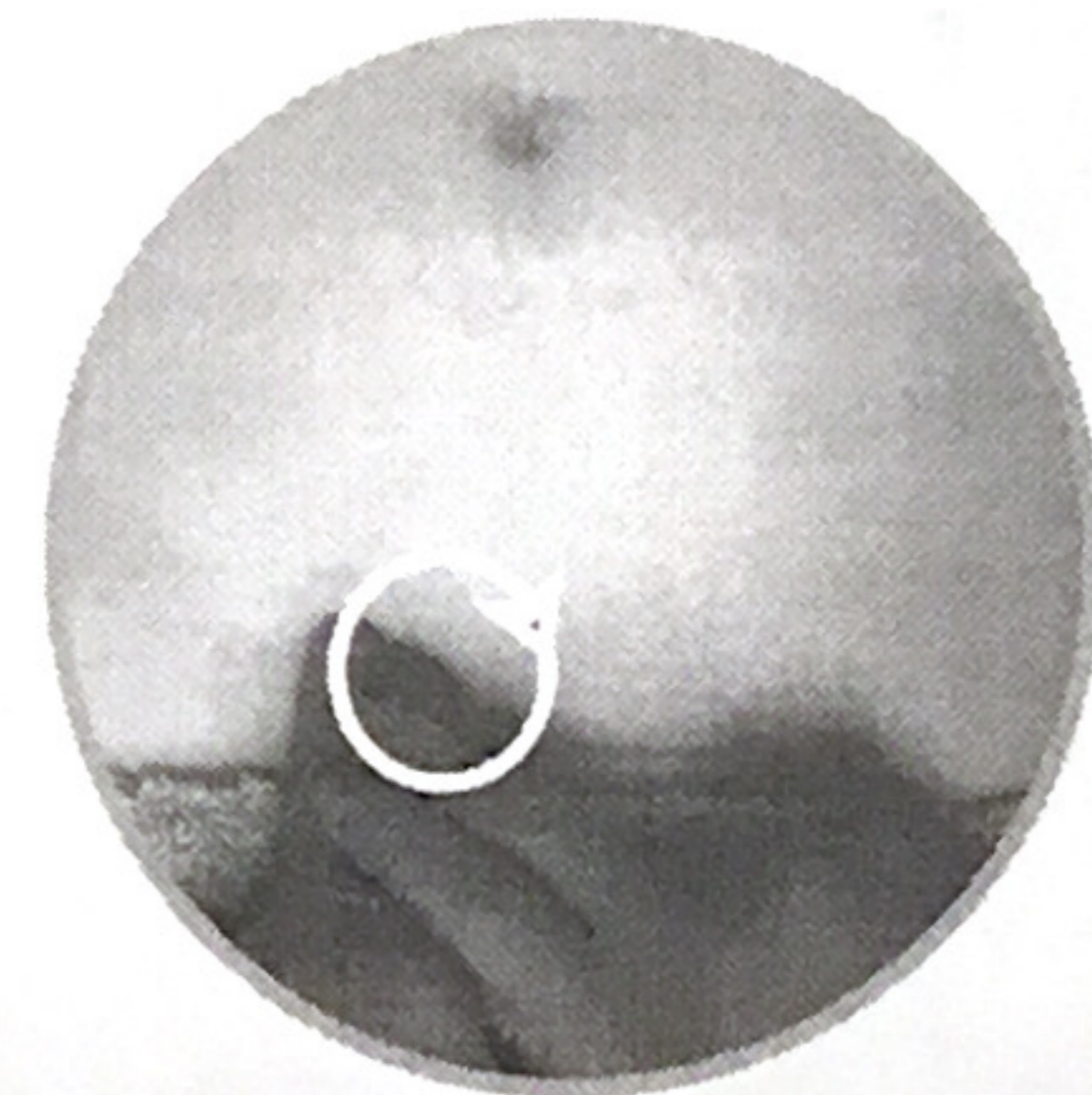


### WHY

Myofascial (massage) techniques are thought to help improve scar tissue and nearby soft tissue mobility. This may help with posture, movement and discomfort. Always wait for an incision to fully heal before beginning massage techniques.

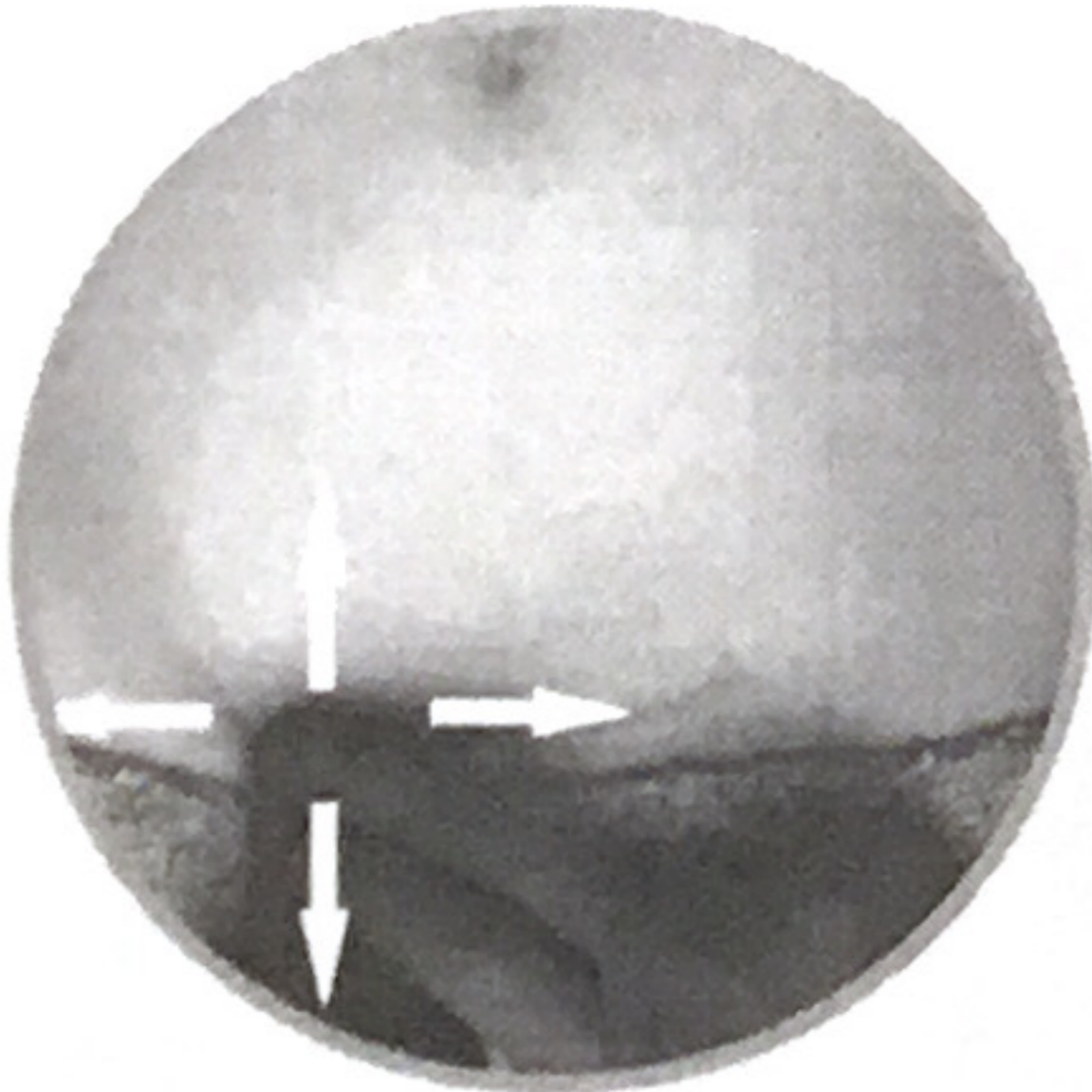
### CIRCULAR

Using the pads of 2 or 3 fingers, massage in small circular motions over and around the scar. Alternate clockwise and counter clockwise circles.



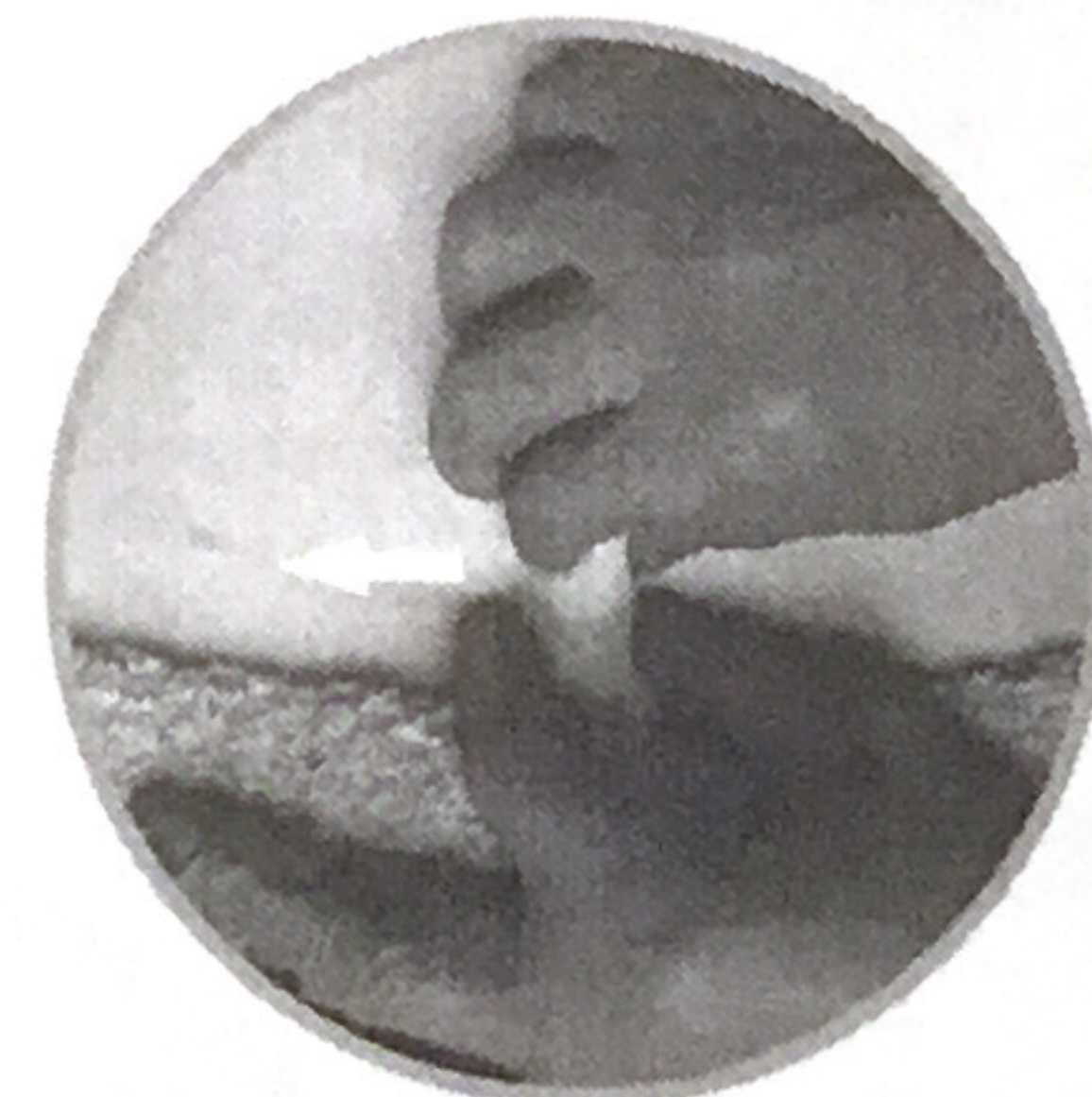
### COMPASS

Place 2 fingers over a small section of scar. Move the scar up, down, left and right (all the directions of the compass). You can pay particular attention to the directions that lack good movement.



### SKIN ROLLING

Using a pincer-style grip with both thumbs and index fingers, lifting up the skin with the scar. Walk this 'roll' of skin across the abdomen. You can do this the length of the scar, but also vertically or diagonally across the scar.



**GUIDELINES:** These techniques should not be painful, but may cause a pulling feeling around the scar. Try a combination of these techniques for 5 minutes, 3-5 times a week.

**Women's Health**  
A Division of the Canadian Physiotherapy Association