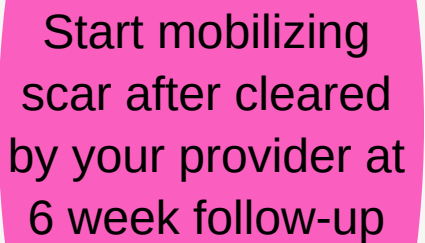




C-SECTION SCAR MOBILIZATION

STEP 1:

Start at 1 end of scar. Place 2 fingers on scar. Apply light pressure and move skin up or down until you feel restriction. Once you feel restriction, STOP, and hold that pressure for 1-2 minutes. It's normal to feel pulling or light burning, but if you feel sharp or stabbing sensations, STOP! your being too aggressive.




Start mobilizing scar after cleared by your provider at 6 week follow-up

Step 2:

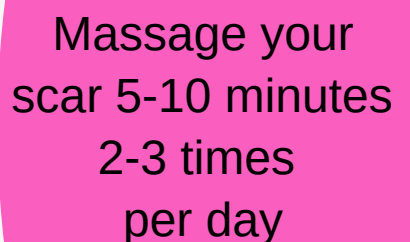
Move 1" down the scar and repeat Step 1 on this section of the scar. Repeat until you have addressed the entire length of the scar.



Step 3:



Place 2 fingers on the scar and apply light pressure while moving in diagonal direction. Hold for 1-2 minutes. Work down the scar until you've addressed the entire scar.



Massage your scar 5-10 minutes 2-3 times per day

Step 4:

Start at 1 end of the scar and lift skin up and if tolerable gently move in different directions. Move across the entire scar.

