



Scar Tissue Release Workshop

Date: Friday, Nov 8/19 Time: 1pm-5pm

Location: Atlantic College of Therapeutic Massage; Dieppe, NB

Cost: \$150

CEU's: 2 Cat. A CEU's CMTNL, CMTNB

Instructor: Peter Stuart

Itinerary

1pm – Introductions/location particulars

1:15pm - Types of scars

1:30pm – Approaches to treatment: assessment of area and postural assessment

2:30pm - The prep work - skin rolling, finger strumming

2:45pm - The treatment - fascial scar release

3:45pm - Gua'sha

4:30pm – The follow up - cross/single hand fascial release techniques

5pm – Conclusion

One of my teachers, John Barnes, said to me years ago that if you do not address a patient's scar tissue you are doing them a great disservice. Scar tissue formation, especially from surgical scars, can create tremendous tension in the fascial system, binding down on it, causing it to become tighter and more dysfunctional over time. You can do excellent rehabilitation work with your patients by releasing tension and bringing the body back to balance, but if the scars are not released, their tension will eventually start a pull in areas previously released and overtime create similar tensions as to the ones you had first started with. Within several months to a year your patient's symptom may return. Scars can also be areas that hold emotional memory that may be keys to their recovery.

In this workshop you will learn the different types of scar tissue that can occur in the body and how to work with them using fascial techniques for scar release as well as the Chinese medicine tool Gua'sha.

We ask that you bring in someone who has scar tissue that you can work on, be they a patient, friend or family member. On your registration form we will ask you for the information of who you are bringing with you and the scar/scars that you/they wish to release. If you are unable to find someone who has a scar to work on, please let us know and we will try to provide someone for you. *Please note that we will be giving preference to those therapists who register with someone to work on, as space is limited.

Treatment notes and Gua'sha tools will be provided. Therapists must supply their own tables, linens, pillows, etc. Gua'sha tools may be purchased upon request. Space will be limited 12 therapists plus their patient.

FOR MORE INFORMATION, OR TO REGISTER, CONTACT PETER STUART AT
902.452.4730 OR peterstuart@me.com