

Patient Checklist — Manual Scar Techniques

Is this for me?

- Suitable once the area has fully closed and settled.
- Work focuses on comfort and surrounding mobility.
- It's normal to notice tightness or sensitivity at first.
- Approach is progressive and matched to your tolerance.
- Not used while an area is still healing or changing.
- Pressure and positioning are adjusted with your input.
- Simple home strategies may be suggested.
- Supports daily activities and body awareness.
- Aligned with guidance from your surgical/rehab team.
- Complements—not replaces—medical care.