

# Scar management

Hand Therapist = Scar Therapist

# Scar Therapists

“Recognising the importance of careful soft tissue management to control and diminish scar formation is crucial to rehabilitating healing hands and upper extremities. Hand therapists are in truth scar therapists” Fess (1998)

# Describing scars

- S \* symptoms
- C \* colour
- A \* appearance
- R \* restriction

# Principles of scar management

- Early treatment
  - \* surgical incision
  - \* moist wound healing
  - \* mechanical support
  - \* early mobilisation
- Patient education and compliance
- Ongoing monitoring





# Pressure therapy

- Ward 1991 proposed that pressure influences realignment of the collagen bundles and may control collagen synthesis by producing a related ischaemia in the area.
- 24-30mmhg for 6-12 months

# Scar: contact media

- Appear to reduce maturation time and improve cosmetic appearance.  
Physiological process unclear (?temp, occlusion, H<sub>2</sub>O, O<sub>2</sub> tension)
- Adhesive: hypafix, paper tape
- Contact media: silicone gel, hydrocoloids, elastomere.



## Scar: Application of controlled stress

- Active motion
- Passive motion: use of splints, LLPS
- Massage and manual therapy
- Resisted motion