

## How SCAR TISSUE may influence recovery

By osteopath Caroline Penn DO MSc MSCC

Pregnancy, birth & caring for a young infant take a toll on Mum's body. It's hard to find time to devote to getting yourself back into shape, but when you do make the effort but find it uncomfortable, painful or just are simply not getting results, there is a reason.

We are not all the same; bodies come in all shapes and sizes. Whilst a particular exercise may be good for most women after pregnancy, it may not be the right exercise for you. I have often seen women who are trying to do a certain sequence of post-partum exercises but because of other problems, the exercises are inappropriate, ineffective or need modification.

For example, pelvic floor exercises may be ineffective because the sacrum or coccyx is unable to return to normal because of scarring from an episiotomy or tear during labour. In the acute stage, the wound is sore and exercises are very uncomfortable, even painful. As the wound heals, you may expect to be able to exercise effectively, but scar tissue is less elastic than normal tissue and can prevent the body from responding to your efforts. Gentle osteopathic examination and treatment can identify these problems and work with you to restore normal movement.

Women often feel so depressed about a pelvic scar, thinking there is nothing that can be done. That is so wrong. Yes, the scar tissue can be surgically removed, but then there is a tendency for it to return, as the new surgery causes further scarring. Both internal (as with caesarean section) and external scar tissue can cause problems. It is a hidden factor in many cases of backache, constipation, incontinence, period pain and hormonal imbalances.

Remember, scar tissue is not dead; it is living tissue. It responds to gentle osteopathic treatment and your own guided massage, to stimulate the fluid systems of the body including the venous and arterial blood circulation and the lymphatic flow. The osteopath will show you how to work for only a few minutes each day with your own scar tissue and gradually you will feel more yourself 'down-below'.

As normal balance returns you will find yourself moving more normally and, even without doing specific exercises, the movements of everyday life will start to feel much more comfortable.

### About The Penn Clinic

With over 30 years' experience, The Penn Clinic gives you a range of treatments in safe, gentle hands. Our treatments are suitable for the whole family: Osteopathy, Pilates, Massage, Homeopathy, Counselling, Allergy treatment (NAET) and Autogenics. Our therapists work as a team with the osteopaths to provide a holistic approach to your problems. Full details are on our website [www.pennclinic.co.uk](http://www.pennclinic.co.uk)

For information or to book an appointment, please contact us on: **01707 274 148**

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