

# Scarwork 2

## Refresher & Update

2024 Manual

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# Scarwork Refresher

## 🌀🌀 *Techniques* 🌀🌀

There are many different techniques that change different qualities of scar tissue. Each technique looks and feels different from the others and works a little differently. New techniques are identified or invented as I encounter unique scars. The names may change as folks come up with descriptive and somewhat amusing names that stick. I like to credit people with good ideas or names. I update the manual frequently to include new information as it develops.

## New ScarWork Techniques 2024

### 🌀 Wax On / Wax Off

For thick scars or a large area scar. Also where burns have created big thick stiffened plates of scar tissue.

I can use edges of curved fingers or a collapsed curved of the line of fingers to make an arc with.

One curved hand sweeps an arc through the tissue and the other curved hand sweeps a mirror arc crossing the pull of the first hand while you can still feel the first hand's vector. Either up or down arcs work well. I continue the pattern of hand over hand continually working the crossing of the arcs to create pliancy through the plate.

### ✿ Zen Rake

For easing large areas of slippage in the muscle wrapping of the abdomen where everything is off center. I use both hands at the same time with no bracing. I spread my fingers apart - they are evenly spaced at least a finger's width between fingers to allow the tissue to spill between my fingers as it releases. I use curved fingers like a light grass rake. I use all of my fingers on both hands down to the same depth. I pull through the tissue against the established strain pattern.

This has some of the feel of "Drawing in Wet Sand" from BoneWork to it- all of the fingers are drawing and the whole sheet of tissue comes loose and reorients to a better place.

### ✿ Pulling Thread

For incisions with a vertical ribbon of adhesion. A good example is a midline cut curved around the belly button. These can leave an interesting tall curved scar close to the stalk of the belly button which is difficult to work with. I start at one end and pin the scar down by going across the string at a right angle with flat fingers from my left hand. Then I pull threads out from under the flat fingers with my other hand. I reach just under the edge of my pinning fingers to find the edge of the thread. With the pad of my finger I push down on it and drag on it to pull it out from under the cross pinning fingers. I keep pulling on the threads by using two or three fingers - one after the other. As I pull the thread under the pinning pressure. I keep my pinning hand sliding back along the scar as I pull the string from under. This thins and diminishes the size of the threads. This is somewhat similar to pulling curling ribbon over the edge of a pair of scissors except this result creates integrated scar tissue, more straight stuff from the thickened

tangled twisted threads of scar tissue. As it thins, it gets fairly well integrated. It usually take a few passes.

### ✿ Pads (soft slap)

Pads are most likely created from healed fluid pools. They are thick They prevent you from easily feeling the bone surface. They limit the range of motion.

The surface tension in the pad is minor and is spread out over the whole pad. The feel of the surface weaves through the thickness of the pad like a sponge. And like a sponge the feel of the material is the same from the start through the interior without a defining membrane.

Softly slap your hand past the surface of the Pad into the interior material and use some circular motion wiggles in the tissue for a couple seconds. Come out and go in again doing the same thing for a few minutes to thin out the pad. Pads have a spongy feel as the tension is distributed throughout the Pad fairly evenly. Thinning the Pads restores easy contact with the bone and can give the joint a better range of motion. A good place to find these spongy pads is around a knee that has had knee replacement surgery. If there is only one knee that has had the surgery, compare the feel of the tissues by placing one hand on each knee.

### ✿ Pillows

Pillows are more mobile than Pads, a bit slippery and wobbly. They have a more obvious surface tension enclosing the interior material than spongy pads. The tissue you want to push on will move around and flow away from your pressure. Capture of the tissue for applying some pressure works best if you think of “herding” sheep - each hand acting like a sheep dog. You get close to it and it moves away and you have to adjust your position - it moves away until you have it cornered and then you can push on it. Pillows are often found in the lower back below the Iliac crest near the sacrum.

### ✿ Circles

These simple and rather improbable circles accomplish a whole lot. I use Circles on the surface to pull into the deeper tissues. I Circle only to the limit of the skin easily allows. I Circle with one hand and use the other hand as a brace. I also Circle with two hands at the same time in either mirror motions or in working in response to any detectable tissue vectors - straight into the resistance. Much may be accomplished with Circles in delicate areas like the front of the neck where the trachea, cricoid cartilage, or the hyoid bone may get into trouble and impede swallowing. I use one hand on each side of the neck.

### ✿ Trachea Cartilage

When a “trachea tube” goes into the trachea, the whole body is fixed in the position the person is in when the trach-tube went in, which is usually lying on the back. This produces an odd angle in the neck to the body relationship that does not change with SI work. The opening for the tube is cut in a cross or X. It looks like the opening for a straw on your drink cup. The X corners fold inward with the tube and they tend to stick to the tube. When the tube is pulled out, the tissue is extended in the direction of the pull. Lumps and folded corners form in the cartilage around the opened X. Slow cartilage work on these lumps and folds eases the adhesion and can make swallowing good again.

### ✿ Scrubbing

Scrub shallow tiny circles into the tissue all over the traumatized area. You may work one handed and use your other hand as a brace or work two handed depending on the location and configuration. Sometimes I magnify the effect by swaying my body so that angle of my body is relayed to my hands as a slight difference in the working angle. Sometimes I add in individual fingers circling to the whole hand circling. This is extremely soothing and restorative.

### ✿ Chopping

Use a line of fingers to press into the tissue, move over a tiny bit and press again, move over another tiny bit and press again... Etc. I use one hand to Chop and the other to feed tissue. I can use both hands together or one after the other. I look to reach the same depth with the pressure. Sometimes Chopping is very close together and creates a plane or surface as in restoring the surface fascia of a muscle. For example, it can help restore accordion folds in the Achilles Tendon after being spliced.

### ✿ Making Skin

For areas where the tissue has healed but no skin was able to form - usually white with no skin color or polyhedrons on the surface and no fine hair.

Make channels in the edges surrounding the skinless area so any transported material can get into the area and take-up residence. Use Filling-in to gather material into the area and "Tamping" to set the new cells in. Go fairly far afield for material and do this many times. To sweep cells into the barren area use an index finger to bring the cells through the newly opened gates and onto the surface of the area with no skin. Keep this going for a minute or two then stop and look to see the new formation. with polyhedrons. The new tissue should mature and fill in much of the remaining area. If there are still areas missing skin, you can do this again.

### ✿ Polishing

Enhanced cosmetic appearance and smooth tissue texture is nice gift to be able give someone.

Use both hands placed side by side palms down flat. Depending of the area to cover you can use your whole hand, or part of your hand or two index fingers. Hands move in opposite directions within the excursion of the skin - these short simultaneous up and down movements are parallel to the plane of the skin. I move fairly quickly over the surface. To tighten up and focus the effect - move your hands closer together. To make it more gentle and flowing separate your hands and slow down. The short oppositional motions push me from side to side - like cuban motion in the knees in latin dance.

To perfect and smooth the surface texture - use a soft big surface like the thenar eminence of the thumb or you can make a big soft surface from the little finger edge of your hand by making a closed fist which pushes up a mound of tissue on the little finger side. Keep the fist closed and use the mound to work with. Go in circles - rubbing extra well at stubborn rough spots - similar to a random orbit sander. You can pretend you are polishing the good silver.

### ✿ Keloids -update 2023

Working around the edges of the keloid scar seems to work at least some help.

Andreea Ivanov “whisks” the tissue with a contact that starts from outside and goes up under the scar - like beating eggs with a whisk with a circular wrist motion. Andreea has promised us a detailed write-up of her work.



When the healing progress reaches the point where the keloid has a few places where it is flat with normal skin formation on the flat bridge. Try creating a bridge across the keloid by pushing down on either side and depressing the section between your fingers.. hold for a minute and then release.. hopefully you have formed another “bridge” which will spread normal skin through the keloid.

From Joy Carey, we have Feather Light Sweeping away from the scar to “lead the lost cells to the right place” works wonders. The cells have gone up - causing the hypertrophic scar to stay large.

### ❁ Devonian Algae Munchers

In early Devonian times, pools of algae were growing on the beaches near the sea where the water could renew the beds..There were small single celled creatures who ate the algae were trimming the algae as they moved across the beds side by side.

In late Devonian times some of the algae munchers had developed offensive features like claws and sharp teeth. While others developed defensive elements like shells and eyes.

Our Devonian Algae Munchers are the early peaceful variety.

“Blue Stone” is a common name for these petrified algae pools. They are blue-green in color. I collected a lot of Blue Stone to use for patio pavers to use around the outside of my Roling Room for the color and the amazing ancient age of this stone without realizing that it was petrified Devonian Algae Munchers...

I use all of my fingers to cover as much of the area as I can and each finger digs in and pulls my hand along across the surface. Algae Munchers can work all together or in a more random version - one moving at a time each muncher is independent of the others - both versions produce good coverage.

### ✿ Fingernails

For wrinkled ripple toe nails and finger nails that have had the nail bed damaged so it grows in waves.

Use your own fingernail to scrape the nail bed white colored from the half moon at the top of the nail down to the edge of the nail several times “combing out” the nail fibers and hopefully repairing the nail bed - so it can grow in straight and healthy.

### ✿ Stretch Marks

From Wojciech Cackowski. Stretch marks are tears in the surface of the skin. They occur in 85% of humans. Take the tissue either side of the mark and torque it back and forth until you can see how the skin pulled apart. When you see the angle, spiral the skin in the opposite directions from both sides to fit the two sides together again. Hold for a moment and let go. It should stay together. This can take a lot of time to do if there are many stretch marks.

### ✿ Ears ✿

#### Reattaching - Eustachian - Inner Ear - Candy Wrapper - Crushed - Folded - Cauliflower

#### ✿ Reattaching ✿

Re-attaching the ear to the skull when it was either damaged accidentally or surgically removed requires patience for the cartilage to mend. Work from the inside and around the outside on the ear to get two intersection vectors of pressure to mend the ear cartilage back onto the skull. Be sure to check on the base of the ear in the back for the groove around the ear to match the other intact ear.

#### ✿ Eustachian ✿

The two ends of the Eustachian tube can be in trouble. Inside the mouth you can reach the opening if your fingers are long. You need to look to see where this location - next to the tonsils. Surgical scarring on the tonsils may have been the cause of trouble at this end of the tube. Your hand will be reaching very far into the back of the mouth so the best you can hope for is to lightly scrape the surface of the opening before inducing a gag reflex. This is not fun for anyone but if you are accurate and lucky you may be able to unblock the tube and the ear can then adapt to pressure changes. The other end of the Eustachian tube is in the neck about a third of the way down near the sternocleidomastoid muscle. Hunt around to find it. The tube may be displaced and stuck out of place from trauma.

### ❁ Inner Ear ❁

Place flat hands over the ears, then form a cup to pick up the inner ear. Once I have a hold of both of the inner ears, I adjust them to point out of the skull in similar mirror image directions. The one has hearing trouble is frequently pointing at an odd angle.

### ❁ Candy Wrapper ❁

This is from Laurie Childs. Put a finger in each ear. Use your little finger for this. It can go in deeper. Wiggle. in to seat your fingers to a similar depth. Once in, I turn my hands in opposite directions at the same time for several minutes to open the canal and get a similar structure for both ears.

### ❁ Crushed Ears ❁

Sometimes the cartilage gets broken. Feeling both ears can reveal a difference in shape with some of the edges thicker and more prominent from cartilage damage. Sometimes ears are deliberately broken for cosmetic reasons so they do not stick. Work from inside and outside with glacially slow movement to mend these breaks and restore shape and function.

### ❁ Folded Ears ❁

Birth can fold an ear top over and fracture it. Because this can happen before birth, it is often labeled as congenital problem. Chances are the fold is due to damage during the birth process and not actually genetic. Try to see if it changes towards normal.

### ❁ Cauliflower Ears ❁

This occurs from repeated contact damage and swelling in sports like wrestling or martial arts. The practical remedy is to puncture the swelling with a needle to drain the swelling and keep on going with the sport. If nothing is done to reduce the swelling, it heals lumpy and white - appearing reminiscent of cauliflower. Try cartilage work on this white tissue with fingers inside and out. Use slow rolling press.

### ❁ Pulling Seaweed

For Hernias in the lower abdominal area

So we do not have glue in our fingers... and the hernia need to close. It is possible to push intestines back inside, but simple movement brings them right back out.

It occurred to me that the intestines at the inguinal site are too far down from where they should be so I pulled on them to bring the intestines back up.

I stand at the head end of the table and I use a small soft zen rake for each hand that spills tissue as I pull. Try pulling up on the intestines. Start each pull before the last one is done. I use this for several minutes. It does feel good and if the intestines are up where they belong, the hope is that the tear in the inguinal tissue will have a chance to heal if left alone. So far this is working fairly well. It is wise to remind people to be careful lifting heavy stuff. Hopefully they will remember before doing damage.

### ✿ Mesh

An update on Mesh. Hernia mesh is not a problem. The mesh that was a problem - support for after childbirth to hold the uterus up from prolapsing out of the body. This mesh apparently interacted with the internal body fluids and curled itself around nearby internal organs and embedded itself into the surface of those organs. Surgery could not remove the mesh without killing the imbedded organ. After years of lawsuits, the women won. And the company paid out for a few women and then they kept on producing this same mesh for further use. The profit margin outweighed the pain and suffering of the women. Miraculously, this mesh was been banned in America by the American Food and Drug Administration. This does not stop the company from selling outside of the USA. We will be finding these suffering women for quite some time because they do not become better and there is nothing the doctors can do for them to help.

Use all of the ScarWork techniques. Please remember to use pain as a guide for working. Take it easy and slow - this is a lifetime problem that cannot be surgically helped. Start very light and easy... and after some time, it looks like they will tolerate normal levels of ScarWork. They do feel a whole lot of help. We shall have see how much we can do for them. The few ladies I have worked on did much better where nothing else helped.

### ✿✿✿ *Disclaimer* ✿✿✿

The purpose of this manual is to provide information for hands-on therapists on the subject of Scars. This manual does not offer medical advice to the reader and is not intended as a replacement for appropriate healthcare and treatment. For such advice, readers should consult a licensed physician.

This manual is intended for use with a training workshop.

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