

**Scar Massage Literature Review**  
**What amount of scar massage is effective for abdominal scars?**

Citation	Li-Tsang CW, Lau JC, Choi J, Chan CC, et al. A prospective randomized clinical trial to investigate the effect of silicone gel sheeting (Cica-Care) on post-traumatic hypertrophic scar among the Chinese population. <i>Burns</i> . 2006; 32: 678-83.
Summary	This prospective, randomized controlled study investigated treatment for severe post-traumatic hypertrophic scars in Chinese people. All subjects were taught to perform scar massage for 15 minutes twice per day. The treatment group (n=22) also received silicone gel sheeting to their scars. Results: Massage plus silicone was better at reducing thickness and height and increasing scar pliability than massage alone. Both groups experienced reduction in pain and itchiness, and outcomes for pain and itchiness were the same at 6 months.
Frequency	2 times per day for 6 months
Intensity	“Deep massage” with lanolin
Time	15 minutes
Type	Self-administered scar massage
Link	<a href="http://www.ncbi.nlm.nih.gov/pubmed/16837136">http://www.ncbi.nlm.nih.gov/pubmed/16837136</a>

Citation	Bianchi FA, Roccia F, Fiorini P, Berrone S. Use of Patient and Observer Scar Assessment Scale for evaluation of facial scars treated with self-drying silicone gel. <i>J Craniofac Surg</i> . 2010; 21: 719-23.
Summary	This prospective controlled study included one group of 15 adults with posttraumatic and surgical facial wounds who used self-drying silicone gel applied to the site without massage, and another group of 15 adults with posttraumatic and surgical facial wounds who had two 10-minute sessions of scar massage daily. Results: Both groups showed improvement on the Patient Observer Scar Assessment Scale two months after treatment, and massage was as effective as silicone gel using this measure. Itch increased in the silicone gel group, but decreased in the massage group. Both groups experienced a reduction in pain.
Frequency	2 times per day for 2 months
Intensity	Base cream and massage
Time	10 minutes
Type	Massage, after suture removal (not stated if participant self-administered massage)
Link	<a href="http://www.ncbi.nlm.nih.gov/pubmed/20485035">http://www.ncbi.nlm.nih.gov/pubmed/20485035</a>

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Citation	Lewit K, Olsanske S. Clinical Importance of active scars: abnormal scars as and the cause of myofacial pain. <i>J Manipulative Physiol Ther.</i> 2004, 27: 399-402.
Summary	In this study, the authors present 51 cases of scars, mostly post-surgical. The scars covered multiple different body areas. The authors found a positive response to manual therapy to the scar in 36 cases, partial results in 13 cases, and no results in 3 cases. The lack of an established outcome measure was a major limitation to this study.
Frequency	2 or 3 times a week for a total of 12 sessions, spanning 4 to 8 weeks
Intensity	“Engage the barrier with the minimum force”
Time	Until release of tissue
Type	Therapist-administered
Link	<a href="http://www.ncbi.nlm.nih.gov/pubmed/15319762">http://www.ncbi.nlm.nih.gov/pubmed/15319762</a>

Citation	Bodian M. Use of massage following lid surgery. <i>Eye Ear Nose Throat Mon.</i> 1969; 48: 542–7.
Summary	This case study included 14 adults and children with surgical wounds that received scar massage consisting of 20–30 rotary movements with backward pressure, three times a day, for a duration of three weeks to months. Results: 11 of 14 patients had improvement of various postsurgical complications.
Frequency	3 times per day for 3 weeks to months
Intensity	20-30 rotary movements
Time	Estimated to be 1 to 2 minutes per session
Type	Unknown
Link	<a href="http://www.ncbi.nlm.nih.gov/pubmed/5802552">http://www.ncbi.nlm.nih.gov/pubmed/5802552</a>

Citation	Ud-din S, Mcanelly SL, Bowring A, et al. A double-blind controlled clinical trial assessing the effect of topical gels on striae distensae (stretch marks): a non-invasive imaging, morphological and immunohistochemical study. <i>Arch Dermatol Res.</i> 2013; 305(7): 603-17.
Summary	Alright, stretch marks aren't very severe abdominal scars. But they are scars nonetheless. This study shows that a silicone gel massaged into abdominal stretch marks reduce the redness relative to a group that massaged in a placebo gel (KY Jelly). Fortunately, even the group that just did massage without the silicone gel experienced some minor changes.
Frequency	Once daily after showering for 6 weeks
Intensity	Massaged a “postage stamp size” with “moderate” pressure
Time	Once massaged in, gel allowed to dry for 5 minutes
Type	Self-administered scar massage
Link	<a href="http://www.ncbi.nlm.nih.gov/pubmed/23579949">http://www.ncbi.nlm.nih.gov/pubmed/23579949</a>