

ICE Breaker

SCAR MOBILIZATION



This ICE Breaker is designed to supplement your lab related to scar mobilization. It is strongly recommended to combine hands-on practice time with this activity.



Watch

Assign this video for students to watch before, during, or after class: **Total Knee Replacement, 14 days post: Scar Mobilization, Part 1**. In this 6-minute video, a wound care specialist demonstrates specific techniques in scar mobilization with a client who recently had her staples removed following a total knee replacement (TKR).



Practice

Challenge students to practice scar massage on a peer and/or search the literature for articles that support the use of scar massage.



Discuss

Stimulate small or large group discussions with questions, such as:

1. At what point after injury or surgery should scar massage begin?
2. How do staples affect the production and mobility of skin collagen?
3. What are the different types of techniques for scar massage?



Supplement

Consider using [the corresponding ICE Lesson Plan](#) which includes learning objectives meeting ACOTE/CAPTE standards and specific creative learning activities.



Watch more!

Watch more videos on this topic by searching the ICE Video Library for these titles.

- **Radial Fracture: Patient Education 1: Scar Mobilization**
- **Radial Fracture, Ten Weeks Post Surgery: Paraffin Bath & Scar Mobilization**
- **Total Knee Replacement, 14 days post: Scar Mobilization, Part 2**