

ICE *Lesson Plan*

SCAR MOBILIZATION



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



Learning Objectives

By the end of this activity, the successful student will be able to:

1. Describe the qualities of new scar tissue and how it potentially limits range of motion.
2. Perform a variety of scar massage techniques on a client at the appropriate time in the recovery process.
3. Effectively educate the client and/or caregiver in a home exercise program involving scar massage.
4. Search the literature to make evidence-based decisions.

This activity supports the requirements for:

- The Accreditation Council for Occupational Therapy (ACOTE) standards B.1.1, B.4.3, B.6.1.
- The Commission on Education for Physical Therapy Education (CAPTE) standards 7D7, 7D9, 7D27, 7D32.

LEARNING ACTIVITIES



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).



Discuss

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

1. Does anyone have an old scar that they are willing to share? Can you describe the quality of healing you experienced? (If possible, find someone who is willing to let others feel how his/her old scar tissue moves.)
2. Scar massage is intended to provide more than cosmetic outcomes. What is the main reason for a clinician to perform scar massage?
3. At what point after injury or surgery should scar massage begin?
4. How do staples affect the production and mobility of skin collagen?
5. What are the different types of techniques for scar massage?
6. How do you decide which technique to use? Where do you start?
7. What are the precautions for scar massage?
8. What other injuries or surgeries might be appropriate for scar massage (e.g., burn, flexor tendon injury, etc)?



Create an assignment

REFLECTION:

Have students complete a reflection paper or worksheet using the discussion questions provided. This would be great to use as a flipped classroom assignment prior to lab.

SIMULATION:

- Have students practice scar massage on a peer. If the other student is willing, draw a line on his/her skin to represent a scar. Provide simple but structured case studies so that students practice different scar massage techniques for early versus late stage of recovery.

DOCUMENTATION:

Have students practice documentation for scar massage treatment, including descriptions of the patient's pain level, skin integrity, skin color, etc. Students can also practice creating a home exercise handout for a client to do scar massage at home.

CASE STUDY:

Create a realistic case study assignment that follows the client from 7 days post-TKR to 14 days post-TKR using the videos below. Have students develop a treatment plan for this client and/or design a one-hour treatment session.

EVIDENCE-BASED PRACTICE:

Have students search the literature for articles that discuss the effectiveness of scar massage in comparison to other non-invasive treatment options, such as pressure, silicone, hydration, and ultrasound.



Watch more!

Search the ICE Video Library for additional videos on this topic.

Here are ten examples:

- **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**
- **Total Knee Replacement, 14 days post: Knee Mobilization**
- **Total Knee Replacement, 7 days post: Initial exam**
- **Total Knee Replacement, 7 days post: Lymphatic Drainage, 1**
- **Total Knee Replacement, 7 days post: Lymphatic Drainage, 2**
- **Total Knee Replacement, 7 days post: Measuring Joint Range of Motion**
- **Total Knee Replacement, 7 days post: Training in Ambulation**
- **Total Knee Replacement, 7 days post: Strengthening with a Balance Disc**

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