
ACUPUNCTURE AND HOLISTIC HEALTH ASSOCIATES, S.C.
THE DRUG-FREE SOLUTION FOR HEALTHCARE

Nutrition and Lifestyle Suggestions: Scar Tissue

Scar tissue can be complex, and upon dissolving it can be unpredictably uncomfortable depending on how much scar tissue is present and how rapidly the body can break it down. **It is often very painful when scar tissue starts to breakdown.**

Scar tissue can occur in any part of the body...anywhere there is a muscle that might be pulled, torn or twisted in any direction too forcibly, causing the muscle fibers to unnaturally separate. At lower levels of function, the muscle fibers may not be able to reattach and the dead scar tissue fills that space.

Scar tissue is often not visible on the surface of your skin, rather in the muscle under the skin, and can cause pain and restricted range of motion. Common areas include: neck, shoulders, arms, forearms, upper back, mid back, lower back, thighs, calves, arches, bottoms of feet, etc.

“Fascia” is a structure of connective tissue (looks similar to a spider web) that surrounds muscles, groups of muscles, blood vessels, and nerves, binding some structures together, while permitting others to slide smoothly over each other.¹ This fascia can become intertwined and complicated by scar tissue as well.

We recommend two things, in addition to Acupuncture, in cases where scar tissue is involved:

1. Use castor oil warm packs, which come in kits, often times found at health food stores. (Natural Food Shop 414.383.4330)
2. Alternate applying hot and cold compresses. This increases circulation into the specific area of scar tissue and may help to speed the healing process.

Further reading: refer to “Pain Due to Scar Tissue” in [Oriental Medicine and You](#).

Nothing in this document is intended as a substitute for your doctor's diagnosis and/or treatment. This statement has not been evaluated by the FDA.

¹ Source: <http://en.wikipedia.org/wiki/Fascia>

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