







**Highly practical training in scar massage, negative pressure for scars (scar cupping) and a taster of kinesiology tape for scars.**

## **Commence with online self-paced learning (allow 3-4 hours)**



Theory is delivered in short video lessons with multiple choice questions and pre-course reading documents. To allow you to fit this around a busy lifestyle, lessons are kept short (10-15 minutes). Further reading links to research or more-in-depth materials on important topics are included (this will extend learning time). There is also an introduction to the evidence informed manual techniques for scar tissue with practical videos before you attend.

## **Practical days: 10-11 May 2027**

-  Scar massage and scar stretch techniques with considerations and adaptations for use after amputation.
-  Using negative pressure therapy (cupping) to soften and mobilise tight and adherent scars.
-  Adapting techniques for different types, age and location of scar. Ideas for progressing through a treatment program.
-  Home scar care, including topical products and self-scar massage and cupping for patients.

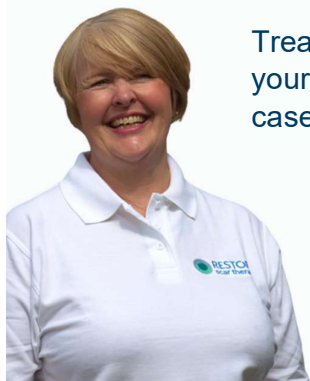


## **Complete two case-studies**

Treat two people twice and document your treatments to evidence your understanding of the techniques and application. Four weeks are allocated for the case studies to be completed and submitted.

## **Ongoing learning resources**

After your in-person course, you will have access to multiple examples of treatment on different types, location and maturity of scar after injury and surgery. Online access to course materials is included for 12 months.



**Tutor: Emma Holly, Education Director and Clinical Scar Specialist**



Restore Therapy are a leading scar therapy training education provider