

SCAR MASSAGE

Once your incision is healed and steri strips have been removed, it is time to begin massaging your residual limb. This is to promote skin gliding over the tibia bone and free movement of the muscle during walking. As an example, try moving the skin over your elbow.

Instruction:

- Wash your hands.
- In a sitting position, put a quarter size amount of lotion on the scar.
- Using your index and 3rd finger, stroke deeply 25 times each direction:
 - A. Side to side movements,
 - B. Up and down movements,
 - C. Circular movements.
- Take both hands and tightly hold your residual limb. Move the skin and muscle as far as you can up and down/side to side.
- If a specific area has attached, deep friction rubbing is recommended for 15 minutes three times a day. Your therapist or prosthetist will instruct you.