



THE ASSOCIATION FOR  
SOFT TISSUE THERAPISTS

CONFERENCE 2017

## PRESENTER & WORKSHOP



Emma Holly

How many of our clients have had surgery? Probably more than you think, many even fail to mention childhood surgeries or c-section scars in consultations. The impact of scar tissue and adhesions on mobility and function is often overlooked and even endoscopic surgery, where surface scars are minimal, can leave lasting damage in the tissues.

Emma Holly is a leading practitioner and uses this fresh approach to improve surgical scars even decades after surgery. Find out more in this talk on scars, adhesions and ScarWork.

Different from myofascial scar release, ScarWork is a dry manual therapy with over 20 techniques. Treatment stays within comfort levels to encourage scar healing in problematic scars, encompassing not only the scar, but also the surrounding area, where lasting congestion in the tissues has often been created during the healing phase.

ScarWork not only benefits the client, but as these techniques are gentle, strain on the therapist is minimal.

Emma's workshops will develop on her morning presentation and give the opportunity to further investigate scars and adhesions with a hands-on session examining scars and looking at dysfunction.