

# Sharon Wheeler's Scar Work



Do you suffer with Pain and Dysfunction within your body?

- Mastectomy Scars
- Appendectomy Scars
- C-section
- Post op Scars



Could your scars be causing pain and discomfort in other areas?



Issues such as hip pain from a C-section is not uncommon, or shoulder pain from carpal tunnel syndrome .....



## Sharon Wheeler's Scar Work

Uses light techniques which are specifically designed to stimulate the lymphatic, circulatory and nervous system. All this work will improve the hydration through those stuck layers of skin, fascia and muscle. This method assists the healing of the scar and facilitates integration to the surrounding healthy tissues. The pliability and texture of the actual scar is improved and pain, stiffness and numbness reduced. Any dysfunctional movement patterns that may have formed within the body can be corrected.

If you would like to discuss your Scar and would like further information, please contact Michelle Rudd



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Nurturing Mind & Body