

# MCCLOUGHLIN SCAR TISSUE RELEASE® SUMMED UP

## Treatment of your scar is vital!

It is an essential element in the treatment of musculoskeletal, muscle and soft tissue pain.

According to research, if scar tissue is left untreated it may slow down or make other therapeutic interventions less effective or not last as long.

Your psychological and emotional state of mind may also improve as scar tissue is tackled and you experience better integration and normalisation of the tissues.

Even though your scar may be many years old this may be the release your body has been searching for.



### VISIBLE TISSUE CHANGES

Photos above courtesy  
of Patti Hughes  
[www.dynamic-treatments.com](http://www.dynamic-treatments.com)



## PRICING\*

Individual MSTR® treatment

First session usually lasts 60 minutes and includes detailed assessment, subsequent sessions are approximately 40 minutes.

£35

\*£5 per session discount for NHS, Blue Light Workers & Armed Forces

## ABOUT ME

I am a qualified nurse with a keen interest in what may lay behind your health problems. I have taken additional training in this specialised form of Scar Tissue Work to help clients with their ailments. Your scars are my concern.



If you are receiving treatment through your health insurance a certificate can be provided where required.

I have also included a handy consent form on my website should you require consent from your surgeon.

Should you have any queries, or would like to book an appointment, please do not hesitate to contact me through one of the methods below.



# MCCLOUGHLIN SCAR TISSUE RELEASE



## MEDICAL DISCLAIMER

MSTR® is not a replacement for medical advice. Please seek medical advice prior to booking or after speaking with me if you have any concerns about your health and whether you should have MSTR® work. I am professionally trained and if I consider there to be red flags not previously diagnosed by your GP, I will advise you seek medical help before pursuing further treatment.

Please note new scars must be left at least 8 weeks before I can treat them to enable healing to take place. If your scar still has not healed well after this time then I will recommend to leave for another month or two before I can commence treatment.

If you have a scar that relates to cancer surgery or cancer diagnosis and you are within your 5 year follow-up period you will need consent from your surgeon / oncologist for treatment.

*Lesley Green*

Mobile: 07521 723699

Email: [lesleytgreen@gmail.com](mailto:lesleytgreen@gmail.com)

Website: [www.lesleytgreen.co.uk](http://www.lesleytgreen.co.uk)

Treatments are based at my home in Hartlepool. If you are unable to travel we can discuss potentially having treatment at your home if you live in the Teesside area. Please be aware there would be an extra charge for this, please ask for details.



MA, BSc (Hons), Dip N Lond.  
RGN LicAc Cert CBS

# MCCLOUGHLIN SCAR TISSUE RELEASE®

Is scar tissue holding  
you back?

MSTR® is an innovative,  
pain-free, natural method of  
helping you with your scars.

Gentle, finger-tip pressure is  
applied to the area to help  
free the restrictions in the  
scar. No force is involved  
and the work is always  
applied within your tolerance.

## WHAT TO EXPECT

MSTR® has been described as a "giant leap forward" in the treatment of scar tissue due to speedy responses and innovative method of delivery.

Often just one or two sessions of this soft-tissue technique can produce dramatic changes that you can see and feel! Results obtained are reliable and long-lasting.

Feedback from clients is that they feel more energised after scar work has been performed possibly due to the increase of energy from improved blood and lymph flow through the previously restricted scar area.

## WHAT SCARS CAN DO TO US

The effects of post-surgical scars on the human body cannot be underestimated.

The body forms scar tissue as a natural response to trauma when the skin is lacerated or punctured either by accident or purposefully ie. surgery. Collagen laid down during the repair process results in a thickened, fibrous mass which can impede proper circulation of blood, congests lymph flow, and can even impact on your range of motion.

The severing of delicate nerve tissue often results in an abnormal sensation around the scar and as the scar is fibrous and non-elastic it will also have a dragging and pulling effect.

Scars can cause:

- Restrictions in connective tissue.
- Reduction in blood and lymph flow.
- Weakened muscular strength.
- Reduced flow of bio-electrical energy.
- Inhibited joint movement.
- Impeded functional movement.

The effect of scar tissue in the physical body is just the beginning, scars may feel and look unpleasant and may even have an emotional and psychological effect due to the traumatic events that created them.

## HISTORY

MSTR® was developed over 10 years ago by bodywork professional Alastair McLoughlin. His scar tissue work was just one of many innovative techniques he designed, used and refined over a period of nearly 40 years in his UK clinic.

He has constantly revised his scar technique over the last decade. The result of that redesigning and reengineering is a technique that creates unbelievable changes in scar tissue.

"Whenever you normalise scar tissue it does NOT revert back to its former state. This is because I believe we are fundamentally changing the arrangement of collagen filaments in the dermis and epidermis."

MSTR® is the indispensable soft-tissue technique that some healthcare professionals have called "the missing link in the bodywork chain".

"I was unhappy with the way my c-section scars looked and felt. The scars were in a dip and would become sweaty and uncomfortable. After MSTR® I am happier with the overall appearance, the lumpy area has smoothed out and the area below my 'shelf' has flattened out. I've even regained some sensation and improved bladder function!"

Mrs S.G. (age 32)



"I had key hole surgery to my shoulder due to a severe bursitis, I was left with pain and restricted movement. My pain was gone after my first treatment and full range of movement returned in my arms and neck. I still get a bit of discomfort but not to the same degree and I've returned to my sport of archery."

Mr M.F. (age 53)

## WHAT IS MSTR® SUITABLE FOR?

MSTR® is suitable for any post-surgical scar or any scar resulting from an injury or trauma. Some examples include:

- Mastectomy, lumpectomy
- Appendix, gall bladder
- Hysterectomy, c-section
- Joint replacement scars - for example knee & hip
- Carpel tunnel surgery
- Amputation scars
- Spinal surgery scars - for example discectomy
- Underlying scar tissue - for example from laparoscopic surgery

MSTR® may also be considered for burn scars, trauma wounds, facial scars, muscle tears etc. and may be helpful for Plantar Fasciitis too.

Types of scars MSTR® can treat are:

- Hypertrophic (raised)
- Keloid (excessive scarring)
- Atrophic (sunken recess)
- Stretch marks
- Umbilical

