

# **Andrew Cook** MSc RCST

## **Craniosacral Therapy**

### **NOTES : Working with Scar Tissue**

One of the treatment areas I have specialised in over the past 10 years is the release of scar tissue and internal adhesions. I worked on the “Big C” complementary health care project for cancer patients, and during that time adapted several CST techniques for working directly with chemotherapy pain (chording, numbness, frozen muscles, etc), and pain and immobility resulting from both radiotherapy and surgical scar tissue. I have expanded these over the past decade to suit scarring and muscle tearing from virtually any form of injury. Adhesions of the soft tissue organs of both the abdomen and chest (resulting from infections or other causes, including surgery) also respond very well to treatment. Pain associated with recent injury (within the past 18 months or so) can sometimes be resolved in just one treatment session, and I have assisted people who have had very extensive scarring for several decades – substantially increasing sensations of comfort, and decreasing discomfort.

My experience is that scar tissue or adhesions (which have been present for anything up to several decades) often create adjacent areas of immobile tissue which can then cause anything from back pain to bladder problems to fibromyalgia to headaches and many other symptoms. If you have scar tissues from an operation or old injury and have developed ANY form of pain syndrome or illness between 2 and 20 years after the incident, there is a *possibility* that

- a) the scar tissue may be a cause of this, and
- b) it might be very easily treatable using CST techniques

The best way to find out if CST can help is to book just one exploratory treatment – in about 50% of cases, simple scar tissue “problems” respond substantially in just one session, or I will be able to give a fairly good indication of what might be causing the particular issue.

**Appointments available at:**  
**The Complementary Health Care Clinic**  
**34 Exchange Street, Norwich NR2 1AX**  
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