

Scar Tissue and Infertility -

by Laurel Maier LMT

A 28 year old female friend of mine came to me curious if the scar tissue release treatment I offered could help her. She had suffered an ectopic pregnancy and subsequent emergency surgery in 2017 and since then had endured many traumatic multi-staged miscarriages. She saw her doctor and was told that she had severe inflammation related to her repeated losses. She was directed towards laparoscopic surgery to excise the scar tissue that had developed. However she felt that there must be an alternative healing approach and came to me about scar tissue treatment.

I spoke with her at length about her surgery and miscarriages. She explained that she was not comfortable touching her laparoscopic scars and doing so elicited a very unpleasant sensation she described as feeling “gross”. Upon further assessment, she rated the level of emotion tied to her scars as a 8-9/10 in severity – which would indicate being highly distressing or upsetting. As her friend, I was able to walk with her through the deep grief and depression through these losses.

During the treatment, I worked carefully around the laparoscopic incisions and deeper towards the fallopian region. Gentle palpation allowed me to locate deeper layers of fibrous tissue, which I was able to address. I addressed supporting structures including her diaphragm and hip flexors to encourage release of grief.

After getting up off the treatment table, she experienced chills and nausea, as well as dizziness. I wrapped her in a warm blanket and made some tea. I walked her backwards to allow her body to process and re-integrate, with me right behind for balance and support.

Later she would share with me that during the session she experienced significant emotions of grief and sadness. As the day went on, she experienced surprising depth of fatigue and despite her history of insomnia, was able to take a nap for several hours and later that night, sleep soundly – something that was near unachievable before.

Upon waking from her nap that first day, she used the restroom and noted dark urine accompanied by a re-appearance of chills. In the coming days, she would share that she had maintained the ability to sleep more soundly and was experiencing a growing sensation of peace in her body where there was great emotional pain and the turmoil of grief and depression before.

She saw her chiropractor a couple of weeks later and with ultrasound was able to confirm the fallopian tube was now open. She became pregnant within a month and was able to successfully carry her baby to full term. Her little boy is now 8 months old.

How magical to hold him, knowing the incredible journey of his mother. This was one of my first cases using MSTR® scar treatment in my practice, and often comes to mind to this day as one of the greatest experiences I have had in bodywork. It exemplifies the complex multi-system effects scar tissue can have on the body, and the great impact we can have in our client’s lives when we learn to treat scar tissue thoughtfully.

The photo here is Laurel with her client's son.

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MSTR® is a gentle approach to the treatment of scar tissue. Using only light to medium pressure, it is well-tolerated by the patient. We don't break down scar tissue. Instead we re-align and re-model the dense collagen fibres of the scar, to create a healthier tissue environment.

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