

Source: MPS Therapy Newsletter for June

Your client's c-section scar is more than just a scar

Surgery is the leading cause of adhesions in the body, and C-sections are the number one surgery performed in the United States, with over 1.3 million performed annually in the USA alone.

Adhesions develop underneath the scar tissue and connect structures together that are not supposed to be naturally connected. These new adhesive connections form when the body is healing itself from any kind of surgery, injury, infection, or trauma. Adhesions connect to fascia, the web-like structure that connects all organs and tissues that runs throughout our bodies. They pull the fascia connective tissue so it acts like an internal straitjacket, pulling muscles, pinching nerves and squeezing organs. They limit our ability to move freely, and heighten the sensitivity of the autonomic nervous system, which controls the pain cycle.

Digestive surgery reported 90% of patients with abdominal surgeries develop adhesions. Consider how many women have undergone these common surgeries: C-sections, appendectomy, hysterectomy, tummy tucks, gastric bypass, abortion, laparoscopy or bowel repair, and now you may realize how big this problem may be!



[Kelly's Blog: The Physical and Emotional Mark of a C-Section Scar](#)

I have discovered that many women are less focused on the pain from the surgery than they are on the effects of having a c-section scar, both the physical effects on their body and the emotional stigma of a c-section scar. Your c-section scar ... it's a serious matter!

Whose Scar? A Mother's Of Course!

If you think about it, that little scar is a pretty big deal. It could have been by choice or not. It could signify life or death. It could represent a difficult time of physical healing. But one thing for sure is it's a mark left on our bodies that we should embrace as a badge of honor, in selfless love, and unrelenting acceptance for the chance to call ourselves a Mother.