



THE 2 4 6 PROGRAM

Post-Operative Physio Program

2

Two times a day

Soak in warm water for 5 minutes. Lux flakes can sometimes be helpful to make the skin softer

Do exercises whilst in the water - this improves your flexibility

4

Massage - with sorbolene cream using deep pressure in circles over scar for approximately 5 minutes

Tap - Tap the scar. This may give you bizarre sensations like shooting electric shocks. The purpose of the tapping is to ultimately decrease these sensations

Stroke - Rub different textured materials over the sensitive scar eg cotton wool, denim, bathroom towel. In a similar manner to the tapping, this will help decrease scar hypersensitivity

6

Six times a day (every two hours)

Exercise. Repeat each exercise 5 times, holding at end range for 5 seconds

