

SCAR RELEASE WORKSHOP



**PERIOPERATIVE
CLINICAL ACTION
NETWORK
PCAN**



INSTRUCTORS

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Prince George

The Specialist Services Committee (SSC) and the Perioperative Clinical Action Network (PCAN) invite you to attend this sessionally funded, practice changing workshop presented by the Anatomic Medicine Foundation (AMF).

Attend this half-day, hands-on workshop and leave with a new perioperative optimization strategy in your clinical toolkit. PCAN requires modest participation in the follow-up quality improvement effort which is funded time.

Workshop Objective

The main objective of this workshop is for participants to learn the myoActivation technique of scar release in order to integrate this procedure into their clinical practice. Scar release is a simple procedure that can dramatically impact the prehabilitation process and improve postoperative pain and dysfunction.

This half-day workshop will review the pathophysiology of scars, mechanisms of tissue change secondary to scar release, patient assessment, treatment technique, patient responses to treatment, and important aftercare considerations. A presentation patient will be assessed and treated in real time to illustrate the changes in subjective pain and objective movement.

Through practice exercises in pairs, participants will experience the sensation of treatment and the changes in range of movement from release of scars utilizing a simple needling technique. This skill can be immediately integrated into clinical practice.

Participants will be paid the sessional rate for the 3.0-hour workshop and 0.5 hours for the required pre-reading.

PCAN Quality Improvement Objective

The aim is to decrease the prevalence of chronic myofascial pain experienced by patients in a clinician's practice by 10% in the 6 weeks following the workshop.

The process of data capture includes asking patients to complete the simple Pain, Enjoyment of Life and General Activity (PEG) Scale before, and 1 week after, treatment. These forms will be included in the Scar Release Kit provided at the workshop. Clinicians are asked to bundle and send to the Project Manager the completed (de-identified) PEG score sheets 6 weeks after the workshop.

This effort will be compensated by 1.0 hour of sessional time for any or all completed PEG sheets. You will have access to a report based upon aggregated, deidentified data upon project completion in Spring 2024.

Frequently Asked Questions

1. Who should attend the scar release workshop?

Physicians, surgeons, and nurse practitioners, actively practicing in Northern Health, with an interest in perioperative optimization and pain management. The workshop will bring together 16 clinicians from a variety of disciplines.

2. Why do patients benefit from scar release?

Well-healed, asymptomatic scars are generally considered to be clinically benign. However, scars can be tethered to the underlying tissues leading to defective sliding and gliding of fascial tissues. So, although scars may be asymptomatic at the local site, they can create distal effects in terms of myofascial dysfunction and chronic pain. Release of pre-existing scars prior to surgery can improve pain, mobility, and balance while releasing scars in the postoperative period (beyond the time of normal healing) can improve myofascial dysfunction, reduce persistent postoperative pain, and may help to prevent the development of chronic pain.

For example, a patient with an abdominal surgical scar may develop back pain or impaired balance as a result of myofascial tension within the pulley-system of the anterior and posterior myofascial chains. A patient with refractory migraines or TMJ pain may benefit from release of chicken pox scars in the face or neck.

It is highly probable that all clinicians have patients with traumatic or surgical scars that may be contributing to their patients' symptoms. Performing scar release provides patients with a quick, simple, low-barrier, and drug-free pain treatment strategy. Scar release can be performed in all clinical settings from the emergency department to inpatient units, outpatient offices, assisted living facilities, community outreach or home visits.

To register for the workshop in Prince George:

<https://www.anatomicmedicine.org/register/pcan-srw-sept-9>

More information on the myoActivation methodology:

[myoActivation: a structured process for chronic pain resolution](#)

3. What equipment and costs are involved in performing scar release?

Depending on the target tissue and adjacent anatomical considerations, scar release is generally performed with a simple 30g x 1/2-inch (13mm), or 1-inch (25mm) hypodermic needle attached to a 3 mL PosiFlush saline-filled syringe. Additional supplies include gloves, a cotton pad, +/- antiseptic solution. The average cost for supplies is less than \$2.00 per patient encounter.

4. How long does it take to perform scar release on a patient?

Assembly of the needle and syringe generally takes less than 1 minute. Small scars (e.g., chicken pox scar or nevus removal scar) can be released in a few seconds. Larger scars (e.g., panniculectomy scar or vascular graft harvest site scar) may take a few minutes.

5. Can I bill for scar release procedures?

When performed with a saline syringe attached to the cutting needle, scar release is billed under MSP as "multiple trigger point injections" - fee code 1157, \$76.20.

6. What is myoActivation and how does it complement classical medical training?

The myoActivation® approach to medical history, physical examination, and therapeutic needling is unique. It highlights and integrates key elements such as remote injuries or trauma, repetitive strain (occupational and/or recreational), and the presence of scars (e.g., road rash scar, surgical scar). Developing an appreciation for the profound impact and cumulative nature of these life events, guides targeted needling to release scars and myofascial tissues resulting in less pain and improved function.

For further inquiries, email Dr. Greg Siren:

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The Anatomic Medicine Foundation is a not-for-profit society, dedicated to delivering myoActivation® and scar release training. The teaching faculty is comprised of specialists (anesthesiology, complex pain, neurology, internal medicine, perioperative medicine), family physicians (focused pain practice, FP-anesthesia, palliative care), and nurse practitioners (marginalized populations, addictions, geriatrics, and primary care).

*myoActivation has been trademarked to distinguish the unique structured assessment, treatment, and aftercare process from other treatment modalities that utilize soft tissue needling for the treatment of pain and dysfunction.