

Why massage your C-section scar?

Real reasons your scar still feels tight, numb, or sore, and how massage can help.



Your scar is still healing, even years later.

Scars are for life — and so is the body's effort to repair and remodel them.

Even years after surgery, your body is still trying to “fix” the area by laying down extra collagen, especially if the scar hasn't had any soft tissue support.

This can make the scar feel:

Tight or bumpy

Cold or numb

Pulled into surrounding areas

Without gentle massage to keep the layers moving freely, those extra fibres can get stuck — pulling on your skin, tummy muscles, and even your digestion.

“I still look pregnant”. Sound familiar?

Many women are told their pouch or “mum tum” is just baby weight.

But often, it’s deeper than that.

The real issue?

Scar tissue binds to the layers underneath, causing tightness in the belly wall and poor drainage.

Gentle scar massage helps:

Break down those stuck fibres

Improve circulation and drainage

Support healing from the inside out

It’s not about flattening your tummy, it’s about freeing what’s stuck underneath.

Your scar affects more than your belly.

Tight, stuck scar tissue doesn't just affect how your belly looks.
It can also:



Limit how well you breathe



Pull on your hips or lower back



Affect your pelvic floor's ability to move

When we gently release that tension with massage, many
women say:

*"Everything just feels looser."
"I didn't realise how tight it was until after."*

This kind of touch isn't clinical.
It's real, grounded, and often feels like... relief.

Ready to Take the Next Step in Your Scar Recovery?

If you'd like more gentle support, guidance, or resources:

Website: sunshineholistictherapy.com

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Social Media: [@sunshineholistictherapy](https://www.instagram.com/sunshineholistictherapy)

✨ You're never broken. You're never alone.

