



Postsurgical Massage Therapy and Scar Tissue Management

Instructed by Catherine Ryan, RMT

Registration Deadline: May 22, 2026

Date: June 19-20, 2026
Time: 8:30am-5:00pm
Location: Fredericton Inn
1315 Regent Street
Fredericton, NB
Fee: \$450 (ANBMT Member) \$525 (Non-Member)
**If you were to enroll in this course directly through the instructor, the course fee is \$577.50 (inc. 5% GST)*
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs: 14 hours
***This course is recommended for student members who are in the later stages of their massage therapy education and training, or who have relevant healthcare education, as the content includes evidence-informed scar science and advanced hands-on techniques.**

Preferred room rate: Fredericton Inn, Fredericton, NB, \$139.00 + HST per night (2 queen beds). A block of 12 rooms is reserved (book 3 weeks in advance of the event to secure the reserved room). Toll free 1-800-561-8777 or 506-455-1430; Free parking. Booking reference: ANBMT Group

Course Description

Irrespective of etiology (e.g., surgery, burn, accident), collagen remodeling (scar tissue) reconstructs tissue integrity following injury. When the wound healing and scar formation process is disrupted, problematic or pathophysiological scars may develop. Using the STAR critical thinking approach (Situation, Task, Action, Results), this course explores the factors influencing scar outcomes (functional vs. problematic) and how early massage and manual therapy intervention can help prevent or mitigate problematic scarring, as well as facilitate meaningful change in mature scar presentations.

As therapists are more than a pair of hands, the importance of therapeutic alliance and communication skills will be emphasized throughout the course. The curriculum integrates scientific evidence with practical application, supported by hands-on instruction, clinical reasoning, and real-world relevance.

Course Outline and Learning Outcomes

Interjurisdictional Competencies – Learning outcomes encompass the following:

- Foundational Knowledge (Anatomy, Physiology, Pathology) – pg. 2
- Professional Practice: 1.1, 1.2, 1.3 – pg. 8–9
- Assessment and Treatment Planning: 2.1, 2.2 – pg. 10–11
- Treatment and Patient Self-Care: 3.1, 3.2, 3.3 – pg. 11–13

Part 1 – PowerPoint Lecture (1.5 hours)

Structure and Function: Overview of Skin, Fascia, Circulatory, Lymphatic, Immune, and Nervous Systems

Learning Outcome:

Understand the structure and function of the primary systems influencing wound healing and the tissues affected by abnormal scar formation.

Part 2 – PowerPoint Lecture (1.5 hours)

Wound Healing and Scar Physiology and Pathophysiology

Learning Outcome:

Understand normal and abnormal wound healing and scar formation, including:

- The role of primary body systems during wound healing stages
- Etiology of pathophysiological scar formation

Part 3 – PowerPoint Lecture (2 hours)

Types of Pathophysiological Scars, Clinical Considerations, and Manual Therapy Effects

Learning Outcome:

Recognize scar presentations, understand patient impact, and select appropriate manual therapy techniques.

Topics include:

- Types of problematic scarring
- Clinical considerations involving fascia, skin, circulatory, lymphatic, and nervous systems
- Inflammation, fibrosis, contracture, impaired tissue mobility, edema, and pain
- Physiological effects of manual therapy
- Psychosocial considerations, including stress and trauma

Part 4 – Lecture and Experiential Learning (2 hours)

Assessment, Evaluation, and Outcome Tracking

Learning Outcome:

Understand and perform assessment and evaluation procedures, including:

- Client-centered assessment (pain, function, quality of life, activities of daily living)
- Documentation methods
- Palpation and observational assessment

Part 5 – Lecture and Hands-On Practice (6 hours)

Treatment and Client Self-Care

Learning Outcome:

Apply scar treatment principles and protocols, including:

- Treatment dosage and progression
- Contraindications and precautions
- Therapeutic communication and trauma-informed care
- Client self-care and homecare strategies

Includes instructor demonstrations and supervised participant practice addressing neural, circulatory, lymphatic, and myofascial systems.

Part 6 – Question and Answer Session (1 hour)

Learning Outcome:

Enhance clinical reasoning, critical thinking, and practical application.

Supporting Evidence Resources

- *Traumatic Scar Tissue Management – Massage Therapy Principles, Practice and Protocols* (Jessica Kingsley Publishers, 2016)
- *Fascia: Function and Medical Applications* (CRC Press, 2025)
- *Oncology Massage: An Integrative Approach to Cancer Care* (Jessica Kingsley Publishers, 2021)

What to Bring

Equipment

- Portable massage table (1 per 2 participants)
- Full table set-up:
 - Sheets
 - Blanket
 - Face cradle cover (recommended)
 - Pillows or bolsters (optional)

Clothing

- Comfortable, loose-fitting clothing
- Appropriate undergarments or sports bra

Personal Items

- Lunch, snacks, and water
- Massage oil, lotion, or preferred medium (optional)

Course Materials

The Instructor will provide a PDF copy of the course handouts to the participants via email a few days prior to the start of the class for distribution to registered participants, allowing attendees the option to print their own copy if desired copies or access digitally on personal device. The Instructor will also provide a discount code for registered participants to purchase the scar tissue textbook she co-authored, *Traumatic Scar Tissue Management*.

Certificate of Completion

A PDF certificate will be emailed within one week of course completion.

Demonstration Model Requirements

Two demonstration models are required (one per day). Demonstrations will occur approximately 1:00–2:00 pm. The instructor will communicate with models prior to the course.

Models must:

- Be available for approximately one hour
- Have fully healed and medically stable scars
- Provide informed consent

Preferred presentations include:

- Surgical scars (orthopedic, oncology, gender-affirming, cesarean section)
- Mature or recent scars
- Non-surgical scars (injury, burns, trauma)

Models must not have:

- Complex abdominal complications requiring medical intervention
- Recent burn grafts (less than 6 months)

About the Instructor

Catherine Ryan, RMT

Catherine Ryan is a clinician, educator, and author specializing in scar tissue management, post-surgical rehabilitation, and myofascial dysfunction. She teaches internationally and maintains an active clinical practice. She is co-author of: *Traumatic Scar Tissue Management – Massage Therapy Principles, Practice and Protocols* (2016). She is also a contributor to: *Fascia: Function and Medical Applications* (CRC Press, 2025) and *Oncology Massage: An Integrative Approach to Cancer Care* (2021)



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Portable Table: YES NO

Demonstration Model: YES NO

The course requires **two (2) demonstration models (one for each day, approx. 1-2pm). Please refer to the **Demonstration Model Requirements** indicated in the course outline. All proposed models are subject to instructor review and final approval.*

(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Student Member Non-Member

Association _____

Please return the completed registration form by email and submit payment via one of the options below

Method of Payment: Cheque Money order E-transfer Email: anbmt@anbmt.ca

Credit Card ***Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.**

***No refunds will be issued after the registration deadline has passed.**