Effect of selected therapeutic interventions on biomechanical properties of tissue within the scar area after Caesarean section.

Scientific objective:

The overarching scientific aim of the project is an objective evaluation of the biomechanical properties of tissue within the scar after Caesarean section, depending on the therapeutic intervention used (myofascial relaxation techniques and silicone patches).

Justification:

When assessing the current state of knowledge on the issues undertaken in the project (The Cochrane Library, PubMed, Scopus, EBSCOhost Online Research Databases, Web of Knowledge and PEDro), relatively few reports have addressed methods of measuring therapeutic effects of medicinal treatment within the scar after Caesarean section. There is a significant increase in the number of Caesarean C-section (CC) procedures (in Poland about 40% of deliveries are performed by CC). A properly healed scar requires targeted procedures which are intended to restore desired mobility, separate it from surrounding tissues, as well as to prevent the formation of adhesion within the surgical site. In physiotherapeutic practice, the methods of manual therapy, performed by a qualified physiotherapist, are now used to achieve these effects and are currently one of the most effective therapeutic forms aimed at improving the function of scar tissue. An alternative to individual work with a patient is the use of silicone patches, suitable for all scar types, as recommended by their manufacturers. Silicone patches achieve their effect by reducing, lightening and smoothing the scar and increasing elasticity.

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