**Book Corner**


**Review by Amy Tyler, NSW Facilitator OML**

This book was a very welcome read and came at an opportune time for me. My interest in scar tissue management has been building for about 10 years and after seeking different avenues to extend my learning in this area, I was pleased to find a book dedicated to this subject.

Released only a few months ago, the authors have combined scientific research, clinical considerations and techniques, as well as client and therapist stories, in a well laid out, readable format. The majority of the book focuses on the systems of the body that interconnect with scar tissue (skin, fascia, lymphatic system and nervous system) and delves into the science of scar formation and the trauma associated with the event attached to the scar.

I was pleasantly surprised to find that the book included aspects of self-care for the therapist, as well as the importance of staying within one’s scope of practice. This is something we touch on quite a bit with Oncology Massage. Forming support *and* referral networks to ensure a well-rounded approach to treatment should always be at the forefront of our minds.

Aligning nicely with our teaching at Oncology Massage Limited, the authors write, “in various studies conducted excessive force was not required in order to elicit a positive response – this work does not have to be painful to be productive”. As
always, any technique we choose to use needs to be modified to meet our guidelines on pressure, site and position. The techniques described are ones we have probably all come across in our past training, however knowing when to use them and how to best apply them may differ slightly.

Overall, I was impressed with the comprehensive amount of information provided in this book.

The book is available from the following online shops (prices current as of 31/8/16):

- Fishpond – $65.69 (free postage)
- Book Depository – $68.04 (free postage)
- Terra Rosa – $79.95 (postage $14.95)
- Booktopia – $88.40 (postage $6.95)

Have you read a good book, or watched a great video, related to the work we do? We’d love to hear from you! Please contact Tania Shaw at tania@oncologymassagetraining.com.au with the subject line: "Book Corner".