

# A Scientific Approach to Symptoms, Scars and Adhesions

Susan L. Chapelle, RMT, eMBA

## Course Program for Panta Rhei Continuing Education Osteopath 2022

9.00 – 11.00

Review of science and literature related to scars and adhesions. (2.00 hr. lecture)

Break 11.00-11.15

11.15-13.15

Understanding and application of surgical and wound healing mechanisms at a cellular level covering all systems. Review of the literature. (2.00 hr. Lecture)

Lunch Break 13.15-14.15

14.15-15.30

Sensory mechanisms are relevant to scars and adhesions, including the peripheral and central nervous systems. Pain mechanisms. (1.5 lecture)

Break 15.30-16.30

16.30 -18.00

Practical Session: Palpation methods to distinguish normal from abnormal tissue. (1.5 hr. Practical Demonstration)

## Day Two

9.00-11.00

Characteristics of adhesion and scars due to various classes of surgeries (2.00 hr. lecture)

Break 11.00-11.15

11.15-13.15

Practical Session: Treatment approaches for adhesions. (2.00 practical demonstration)

Lunch Break 13.15-14.15

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14.15-15.15

How does the literature compare to the evidence?  
Where do we go from here? (1.00 hr. Lecture)

Break 15.15-15.30

15.30-17.30

Practical Session: Treatment approaches for prevention of reoccurrence.  
Visceral adhesion practical. (2.00 practical)

17.30-18.00

Discussion and Recap (.30 hr. practical and discussion)

(Minor changes to the program are possible as materials evolve with evidence-informed practice.)

## Learning outcomes of education activity statement:

- A. Knowledge of surgical and medical interventions.
- B. Knowledge of presentation patterns.
- C. Understanding cellular level healing mechanisms
- D. Confidence and understanding sufficient to initiate safe treatment
- E. Evidence-informed approaches to treatments