

# McLoughlin Scar Tissue Release®

One Day Course Prospectus 2023/24



**McLOUGHLIN**  
**SCAR TISSUE RELEASE®**



*"Changing lives for the better"*



# McLoughlin

## Scar Tissue Release®

MSTR® has been described as a "giant leap forward" in the treatment of scar tissue. Why?

Due to speedy responses and the innovative method of delivery.

Time after time students of MSTR® are astounded to see and feel the often instant and rapid changes in their own scars as well as their class-mates and then later their clients.

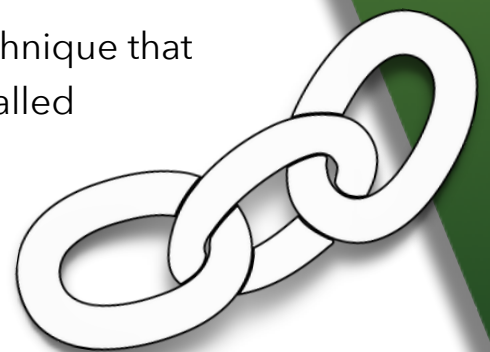
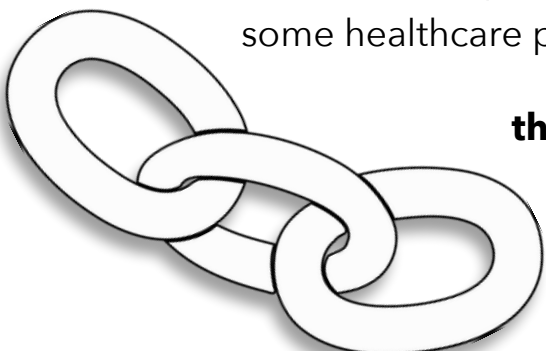
### **HISTORY**

MSTR® was developed over 16 years ago by bodywork professional Alastair McLoughlin. His scar tissue work was just one of many innovative techniques he designed, used and refined over a period of nearly 40 years in his UK clinic.

He has constantly revised his scar technique over the last decade. The result of that redesigning and reengineering is a technique that creates changes in scar tissue like you never witnessed before.

MSTR® is the indispensable soft-tissue technique that some healthcare professionals have called

**the missing  
link in the  
bodywork chain**



## WHY LEARN?

Researchers Karel Lewit MD and Sarka Olsanska in their published paper entitled:

Clinical Importance of Active Scars: Abnormal Scars as a Cause of Myofascial Pain

Karel Lewit, MD <sup>a</sup>  
Sarka Olsanska <sup>b</sup>

concluded that...

*“The treatment of active scars can be of importance in a great number of cases; untreated, active scars are an important cause of therapeutic failure. Treatment also widens the scope of manipulative therapy.”*

This research gives us a glimpse into an area that is largely ignored in the education program that many bodyworkers undertake - that of scar tissue treatment. In fact that is precisely why Alastair McLoughlin designed this work. He knew that scars exerted an inhibitory effect upon the bio-mechanics of the human frame.

This is largely due to the way the fascia is distorted and restricted because of the formation of scar tissue. The densely packed collagen creates a ‘fracture’ in the seamless fabric of the skin and compromises the elasticity of the skin and underlying tissue membranes. But we don’t “break down” scar tissue. Instead we ‘re-model’ scar tissue - and that is the unique approach of MSTR®.

When we understand the interconnectedness of the human body the treatment of all scar tissue becomes *essential* to the therapeutic outcome. No longer can we ignore the effect that scar tissue exerts in both the physical but also energetic pathways.

## **ENERGY PATHWAYS**

For thousands of years the underpinning teachings of Traditional Chinese Medicine (TCM) has focussed upon the energy pathways that deliver Qi (Chi) throughout the body systems using a network called Meridians.

It cannot be too difficult to contemplate that, just like nerves and blood vessels that get severed during surgery or trauma, these pathways also get interrupted.

Patients often feel a “re-connection” of their own body as MSTR® work is carefully applied. This can be quite common with Caesarean section scars and trauma wound scars for example.

One of the most dramatic changes that can occur is with a client’s...

## **PSYCHOLOGICAL AND EMOTIONAL PROFILE**

Every scar is considered to be a trauma to the body. The delicate structure of the skin that helps protect us is compromised. The body seeks to heal the wound by forming scar tissue.

But the *events* that surround the moments that created the scar is often the factor in how people react to their own scars - whether it be a surgery or accidental trauma.

Often people dislike their scars. They won’t look at them or touch them. They may be ashamed of the scar and seek to hide it. They may feel many emotions such as guilt, anger, despair and depression.



A scar is a visible reminder of the event that created it and some reactions to these events could even be categorised as Post Traumatic Stress Disorder.

MSTR® has created huge and life-changing shifts in the emotional and psychological well-being of clients.

Isn't that a good enough reason alone to want to learn this amazing work?

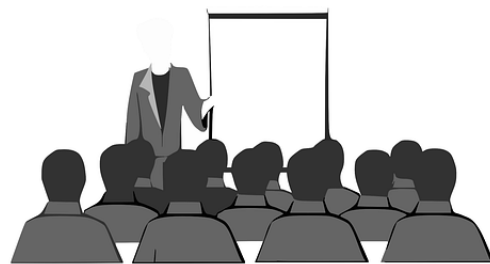
## **WHAT WE OFFER**

Our One Day MSTR® classes are fun and interesting places to learn all about scars - but more than that...

We offer the unique opportunity to learn precisely how to apply this remarkable technique in the classroom environment.

As scar tissue never goes away most practitioners attending our classes have their very own scars to work on!

Without exception all attendees are highly impressed with the responses with MSTR® and can't wait to get back to their clinics to use their newly-found skills.



Classes are eight hours in duration and you will receive a comprehensive training manual. At the end of your class you'll be presented with a Certificate of Attendance and encouraged to complete the MSTR® course by taking our 20-question test followed by the submission of five case studies for evaluation by your instructor.

Once you have completed your MSTR® coursework you will be awarded our Certificate of Competency, have free web-listing on our International Practitioner Directory and have access to free promotional material - including videos for your website and social media.

## **WORLDWIDE**

MSTR® is rapidly expanding and our team of 25 international instructors already offer One Day classes in:

Australia, Bulgaria, Canada, Croatia, Germany, Hong Kong, Malaysia, Netherlands, New Zealand, Romania, Singapore, Slovenia, South Africa, Sweden, UK and the USA - with more instructors and countries set to come online in the coming year.



### **plus...**

If you really can't attend a One Day class then we also offer MSTR® tuition via LIVE Video calling. So if you have an internet connection you can take our training literally anywhere in the world! See our website for details.

## **COMMUNITY**



We have a very vibrant and engaging private FaceBook group that is a great resource and place where you can learn, ask questions and really feel part of a bigger MSTR® community. Many people join our group to find out more before commencing their training. Search for us on FaceBook and place a request to join.

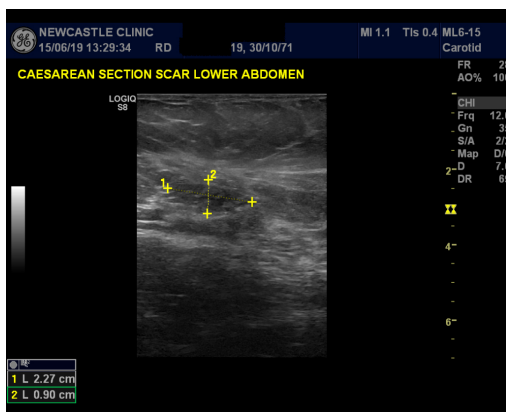
## RESEARCH-BACKED COURSE MATERIAL

We are serious about our work and are delighted to announce the research results from two studies into the effects of McLoughlin Scar Tissue Release® (MSTR®) on Caesarean Section scars.

The research projects were conducted at The Newcastle Clinic, Newcastle, UK in 2019 with Consultant Radiologist Dr Peddada Raju.

A General Electric (GE) Soniq S8 ultrasound scanner was used for the test.

Twelve test subjects with C-sections were pre-scanned and images recorded. Size and depth of scar tissue was also recorded and the amount of vascularity both surrounding and within the scar was also imaged.



MSTR® work was then applied for a total of just 15 minutes per subject, as a single treatment.

Immediately afterwards a post-treatment ultrasound scan was then conducted by Dr Raju.

All twelve subjects were shown to have decreased scar tissue in the post treatment scan. One example of improvement was of a scar that was measured at 31.5mm pre treatment. The scar was re-measured at just 18.1mm post treatment.

Another example was that of a longitudinal scar reducing in size from 22.7mm pre-treatment to just 10.4mm post-treatment.

Overall scar tissue was reduced by more than 30% in a single 15 minute treatment. You can learn how to do that too!

An increase in vascularity was noted not only in the surrounding tissue but also actually *through* the scar. Interestingly no vascularity was present in the pre-scan of the same area.

This confirms what has always been taught: MSTR® helps open the densely bound collagen fibres that make up scar tissue to allow increased blood flow into the area once again.

You can read more about the MSTR® Research Project here:

<https://www.mcloughlin-scar-release.com/research-and-results>

This means that you can have even more confidence in your MSTR® coursework now that it is a researched method of scar tissue treatment.



MSTR® Research Team - June 2019

## **INDUSTRY RECOGNITION**

We have made some great strides forward in getting MSTR® recognised by our peers. This includes schools, colleges, insurance companies and professional associations around the world.

At this time the list includes:

- A J Gallagher (Insurance) Australia
- Alliance for Complementary Therapists (UK)
- Allied Health Professions Council of South Africa
- American Massage Council
- Australian Natural Therapists Association
- Australian Traditional Medicine Society
- Balens Ltd (UK) and Europe
- Berjaya Sompo Insurance Berhad (Malaysia)
- Berkley Insurance Australia
- Bowen Association Australia
- Bowen Association (UK)
- Bowen Norge
- Bowen Therapists Federation of Australia
- Bowen Therapy Professional Association (UK)
- British Acupuncture Council
- Complementary Health Professionals (UK)
- Federation of Holistic Therapists (UK)
- Health Professions Council of South Africa
- Holistic Insurance Services (UK)
- Independent Professional Therapists International (IPTI)

- International Institute of Complementary Therapists
- Komplementär Mediciniska Riskförbundet (Sweden)
- Kroppsterapeuternas Yrkesförbun (Sweden)
- KTNO (Netherlands)
- Lackner McLennan Insurance Ltd (Canada)
- London & Counties Society of Physiologists
- Massage & Myotherapy Australia
- National Association of Massage and Manipulative Therapists (UK)
- National Cert. Board for Therapeutic Massage & Bodywork (USA)
- Natural Health Practitioners of Canada
- Physiotherapy New Zealand
- Skandinaviska Förbundet Komplementärmedicin (Sweden)
- South African Society of Physiotherapy

## **NON-HUMAN MSTR®**

We also have a teaching program for the use of MSTR® and its application and use on horses and dogs. This program includes online training by our experienced canine and equine instructors. See our web-page for further details of the Canine and Equine courses.



[www.mcloughlin-scar-release.com/mstr-for-dogs-and-horses](http://www.mcloughlin-scar-release.com/mstr-for-dogs-and-horses)

We have met the growing demands of online education and have created the online 'Small Group' class - adding yet another dimension to our online teaching program.

We pride ourselves in offering superb student support during your training and now offer online student support meetings via Zoom conference.

The future looks incredibly exciting as we continue to attract practitioners in all sectors of the health and wellness industry from right around the world.

We know you'll want to be part of this rapidly expanding and truly rewarding work.

To find your MSTR® Approved Instructor visit:

<https://www.mcloughlin-scar-release.com/about-us>







[www.McLoughlin-Scar-Release.com](http://www.McLoughlin-Scar-Release.com)



[www.MSTR-online.eu](http://www.MSTR-online.eu)



THE ALLIED HEALTH PROFESSIONS COUNCIL OF SOUTH AFRICA (AHPCSA)

