

C-SECTION SCAR CASE STUDY

as told to Monika Lindblom - MSTR® Practitioner, Marbäck, Sweden.

"I do not regret for one minute that I went to Monika Lindblom to get my scar treated." - Kim Rolfsson.

General Information:

Compared to Turkey (544 C-sections per 1000), Sweden is well below average of the OECD countries for C-section deliveries, with a rate of 172.3 per 1,000 live births.

(2019) Source: <https://www.statista.com/statistics/283123/cesarean-sections-in-oecd-countries/>

Latest worldwide data (2018) shows that 21.1% of women gave birth by Cesarean section, with this figure projected to rise to 28.5% by 2030.

Source: <https://gh.bmj.com/content/6/6/e005671>

Kim's story:

"The scar is from my Cesarean Section is from August 2021. In October 2021 I got my first treatment for the scar." The scar affected Kim in so many ways:

"Before the scar treatment I felt that my body was restricted. The scar was tense and it pulled my body forwards and downward. My belly was swollen in a strange way and I had problems emptying my bowels. I also felt that the scar affected me psychologically. I felt low and sad and I was very tired and worn out."

Kim continues: "Sometimes I also had terrible pain both in the scar and in my abdomen, I could barely walk or even rotate my upper body. It is of course not so strange that it can take time to recover after pregnancy and childbirth, especially after a large surgery of the abdomen. People told me to be patient, to give it time, not to expect to be able to move freely and to be able to exercise until a longer time had passed."

"But I felt that there was more to it, both emotionally and physically, than that the scar just needed more time. I could not accept that my entire maternity leave would be "wasted" or for me to be that limited."

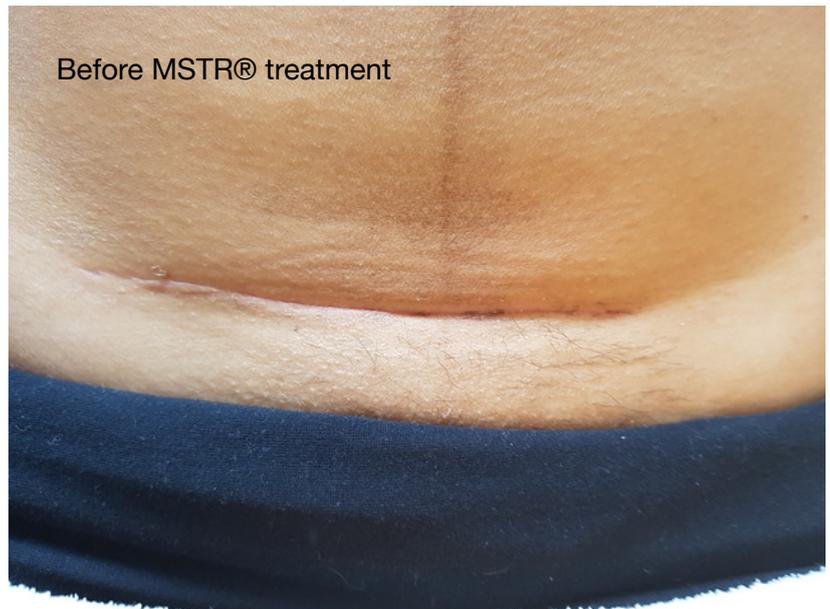
"Luckily I found out that Monika gives this scar treatment and I contacted her right away. Ten weeks after the Cesarean section I got my first treatment."

Treatment:

"The first time, half way through the treatment, Monika asked me to touch my scar and I immediately started to cry. It felt like me, I could feel my belly and I dared to touch the scar, which I did not dare to do before. And it was a wonderful feeling that my sensation had returned. Directly after the first treatment I could squat down to tie my shoe laces. I flew out of Monika's clinic with my head up in the clouds! Everything had eased, I felt free and happy again."

"I received 2 more treatments and now the scar does not bother me anymore, the only time I can feel that it is there is when my daughter kicks me on the scar while I breastfeed her, ha ha. I exercise, go for walks, carry my baby, lift the pram, and both the swelling in my abdomen and the problems with my intestines are gone. I have got my spark back in life.

"I do not regret for one minute that I went to Monika Lindblom to get my scar treated." - Kim Rolfsson.



Monika Lindblom's comment:

Almost all of Kim's symptoms were completely gone after the first treatment. I gave her 2 more treatments anyway, to reach the deeper layers of the scar. After the second treatment she could sit "Indian style" again, and do the plank exercise.



Using comparative pre and post treatment measurements of scar tissue by ultrasound, we discovered scarring from C-section surgery is reduced by more than 30% in just a single 15 minutes session. MSTR® was the only treatment intervention.

Download our research reports here:
<https://www.mcloughlin-scar-release.com/research-and-results>