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Effect of vacuum massage therapy on the post-burn scar: Single blind randomised controlled study

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Statement of the Problem: post burn scar is a chronic, debilitating problem that frequently has the negative effect on the patient function and psychology. Scars consist of excessive dense fibrous tissue growing in all directions and elevated above the level of the skin. The purpose of this study was conducted to investigate the effect of vacuum therapy on the post burn scar.

Methodology & Theoretical Orientation: 48 adult patients suffered from lower limb post-burn hypertrophic scar randomly assigned to either control or study group. Control group received 20 minutes session of friction massage on the scar area for 10 minutes and stretching of the lower limb muscles for 10 minutes. The study group received vacuum treatment on the scar in a session of 10 minutes. Sessions in both groups repeated 3 times per week for 4 weeks. The main outcome measure was the ultrasonographic assessment of scar thickness.

Finding: results of scar thickness for 48 patients were analyzed after 4 weeks showed significant within groups improvement with 19.1% and 34.9 % percentage of improvement in control and study group respectively with no significant difference between both groups.

Conclusion & Significance: vacuum therapy was an effective modality for treatment of the post burn scar but not superior to the traditional physical therapy program, in form of friction massage and stretching.

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