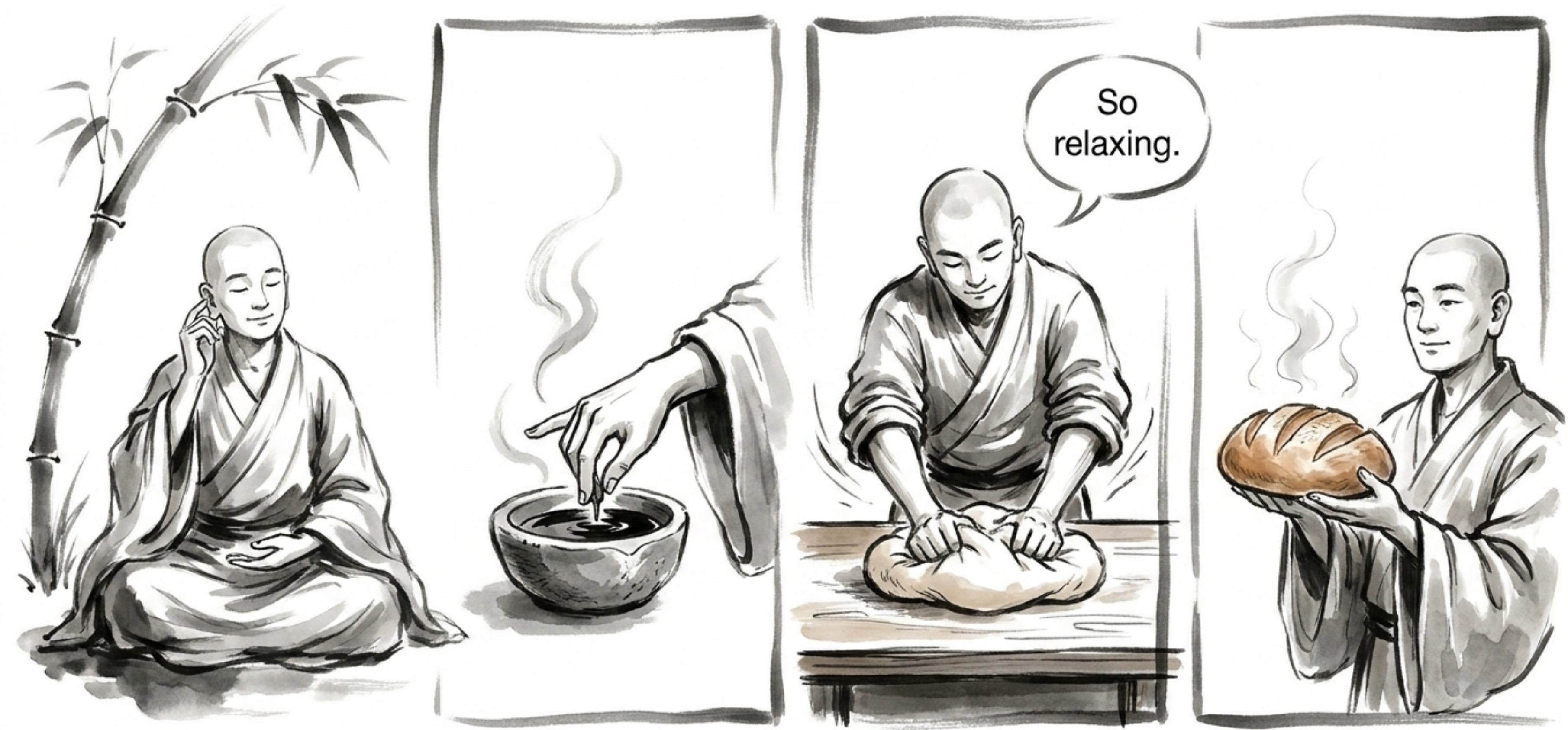




Firmly massaging healed tissue breaks down dense scar collagen and encourages tissue flexibility.  
**Bread dough stubbornly refuses to knead itself.**