

ENTLASTUNG

Hebammenforum 27(10): 19–21.

- Awonuga AO et al. (2011): Postoperative adhesion development following cesarean and open intra-abdominal gynecological operations: a review. In: *Reprod Sci*, 18(12): 1166–1185. DOI: 10.1177/1933719111414206.
- Gilbert I et al. (2022): Exploring the Effects of Standardized Soft Tissue Mobilization on the Viscoelastic Properties, Pressure Pain Thresholds, and Tactile Pressure Thresholds of the Cesarean Section Scar. In: *J Integr Complement Med*, 28(4): 355–362. DOI: 10.1089/jicm.2021.0178.
- Kalichman L (2025): Myofascial continuity: Review of anatomical and functional evidence. In: *J Bodyw Mov Ther*, 45: 569–575.
- Krause F et al. (2016): Intermuscular force transmission along myofascial chains: a systematic review. In: *J Anat*, 228(6): 910–918. DOI: 10.1111/joa.12464.
- Kretschmer L/Wilke J (2026): Remote Changes of Mechanical Stiffness Following Local Stretching or Contraction: A Systematic Review with Meta-Analysis. In: *Sports Med Open*, 12(1): 59.
- Lin YS et al. (2020): Comparison of Silicone Sheets and Paper Tape for the Management of Postoperative Scars: A Randomized Comparative Study. In: *Adv Skin Wound Care*, 33(6): 1–6. DOI: 10.1097/01.ASW.0000661932.67974.7d.
- Monstrey S et al. (2014): Updated scar management practical guidelines: non-invasive and invasive measures. In: *J Plast Reconstr Aesthet Surg*, 67(8): 1017–1025. DOI: 10.1016/j.bjps.2014.04.011.
- Nehmzow P (2025): Das Faszien-Anti-Stress-Programm – Wie Sie Spannungen lösen, Stress beeinflussen und Schmerzen lindern. München: Herbig.
- O'Reilly S et al. (2021): Use of tape for the management of hypertrophic scar development: A comprehensive review. In: *Scars Burn Heal*, 7: 20595131211029206. DOI: 10.1177/20595131211029206.
- Ogawa R et al. (2021): The Most Current Algorithms for the Treatment and Prevention of Hypertrophic Scars and Keloids: A 2020 Update of the Algorithms Published 10 Years Ago. In: *Plast Reconstr Surg*, 147(1): 79e–94e. DOI: 10.1097/PRS.0000000000007507.
- Olszewska K et al. (2024): Changes in the scar tissue structure after cesarean section as a result of manual therapy. In: *Adv Clin Exp Med*, 33(4): 387–395. DOI: 10.17219/acem/169236.
- Poole JH (2013): Adhesions following cesarean delivery: a review of their occurrence, consequences and preventative management using adhesion barriers. In: *Womens Health (Lond)*, 9(5): 467–477. DOI: 10.2217/whe.13.45.