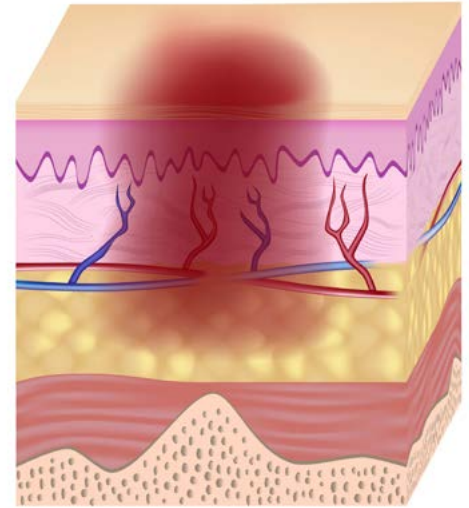


HOW THE BODY IS AFFECTED BY SOFT TISSUE INJURIES:

The healing process is divided into three broad stages which are not mutually exclusive and overlap considerably.

1. **Inflammatory Phase** - Between 3-7 days
2. **Repair Phase** - Between 6-12 weeks
3. **Remodeling Phase** - Can take 12-24 months to reach end stage healing

Tissue healing refers to the body's replacement of destroyed tissue with living tissue (Walter & Israel 1987).



TISSUE INJURY CAUSES RESTRICTION OF MOTION DUE TO:

- Inflammation & Swelling
- Pain
- Muscle spasm

THE TOP GOALS OF CHIROPRACTIC/PHYSIOTHERAPY/PHYSICAL THERAPY:

- Relieve pain
- Promote full healing
- Restore & maintain full function
- Reduce the likelihood of re-injury
- Prevent accelerated degeneration

You should continue care throughout the repair stage. It can take longer for tissues to heal & normal function to be restored than it takes for pain relief. **Pain relief is not THE only goal.**

OUR CARE HELPS:

- Restore normal motion, function & biomechanics
- Improve alignment of new connective tissue
- Prevent shortening of scar tissue & chronic stiffness
- Restore & maintain flexibility of ligaments & muscles
- Restore normal muscle tone
- Promote quicker, more effective healing
- Restore & maintain normal sensation
- Reduce the risk of re-injury & degeneration

STAGES OF SOFT TISSUE HEALING

STAGE I

Swelling occurs, motion is lost, and fluid is trapped in tissues which restricts motion and causes pain, muscle spasm, trigger points and adhesions

GOALS OF THERAPY INCLUDE:

- Restore some motion
- Block pain
- Relax muscles
- Remove swelling
- Accelerate healing

STAGE II

Lack of motion causes excess scar tissue in dense patterns disrupting normal biomechanics causing:

- Excess scarring
- Chronic stiffness
- Limited range of motion
- Poor biomechanics
- Weak muscles & ligaments
- Loss of normal sensation
- Increased risk of re-injury
- Accelerated degeneration

GOALS OF THERAPY INCLUDE:

- Restore normal range of motion
- Restore sensation
- Decrease scarring
- Strengthen muscles & ligaments



STAGE III

Connective tissue remodels for better strength and flexibility

GOALS OF THERAPY INCLUDE:

- Improve & maintain motion & flexibility
- Continue strengthening muscles ligaments & tendons
- Restore & maintain function
- Reduce risk of re-injury & accelerated degeneration