



Stages of Healing

- 1) INFLAMMATORY STAGE: (2-3 days) -the body's initial response to injured tissue.
- 2) FIBROBLASTIC STAGE: (day 2 to 2-3 wks) -the body begins to lay down new tissue
- 3) REMODELLING PHASE: (2-3 wks) - the new tissue is reorganized and strengthened.

Proper care of injuries requires that one know what the needs are at each stage to optimize healing quality and rate. Stage 1 goal is primarily rest and protection. Stage 2 goal is gentle movement. Stage 3's goal is to put controlled stress through the area in the form of stretching and strengthening exercises.