

***“Health is a process that develops over time, not an event.”  
You took a step forward today.***  
*Marc Gottlieb, DC*

## ***How long will healing take?***

Acute swelling and inflammation usually lasts 3-4 days, but can recur any time with re-injury.

Tissue repair (scar tissue) starts day 2 and proceeds for about 6 weeks.

Tissue Remodeling: forming and achieving proper function occurs 3 weeks-one year.

Angiogenesis: “new blood vessel formation, critical for supplying nutrients to the area for healing, occurs over a period of months.

Ligament healing: normal strength returns 50% in 6 months, 80% in 1 year, 100% 1-3 years.

Muscle and tendon healing: 10 days-10 weeks.

Return of coordinated movement and position sensing for injured joints 8-10 weeks.  
(Proprioceptive adaptation)

## ***OUTCOME GOALS:***

Reduce pain level and swelling	Reduce abnormal illness behavior, stop “favoring”
Improve structure, function	Decrease anxiety level about pain and symptoms
Bone, joint, disc health,	Avoid depression, increase motivation of recovery
Prevent degeneration or worsening	Teach coping skills
Posture	Fear avoidance, continue activities, not debilitated
Flexibility	Self control, self help techniques,
Strength and Endurance	Understanding of problem, sense of well-being
Balance and Coordination	Improved nerve function