

Tissue Healing

Bone

Days 1–3	Day 3 to 2 Weeks	2–6 Weeks	3 Weeks to 6 Months	6 Weeks to 1 Year
Hematoma formation	Fibrocartilage formation	Callus formation <i>Radiographic evidence of healing (about day 13)</i>	Ossification	Consolidation/ remodeling

Tissue Healing Summary

Exercise-induced muscle soreness	0–3 days
Muscle strain	I = 0–2 weeks II = 4 days–3 months III = 3 weeks–6 months
Ligament sprain	I = 0–3 days II = 3 weeks–6 months III = 5 weeks–1 year
Tendon	Tendonitis = 3 weeks–7 weeks Lacerations = 5 weeks–6 month
Articular cartilage repair	2 months–2 years
Ligament graft	2 months–2 years

Adapted from Axe MJ, Snyder-Mackler L. Operative and postoperative management of the knee. In: Wilmarth MA, ed. Orthopaedic Section Independent Study Course 15.3, *Postoperative Management of Orthopaedic Surgeries*. La Crosse, Wis: Orthopaedic Section, APTA Inc. 2005; 17, 2005 Dec.

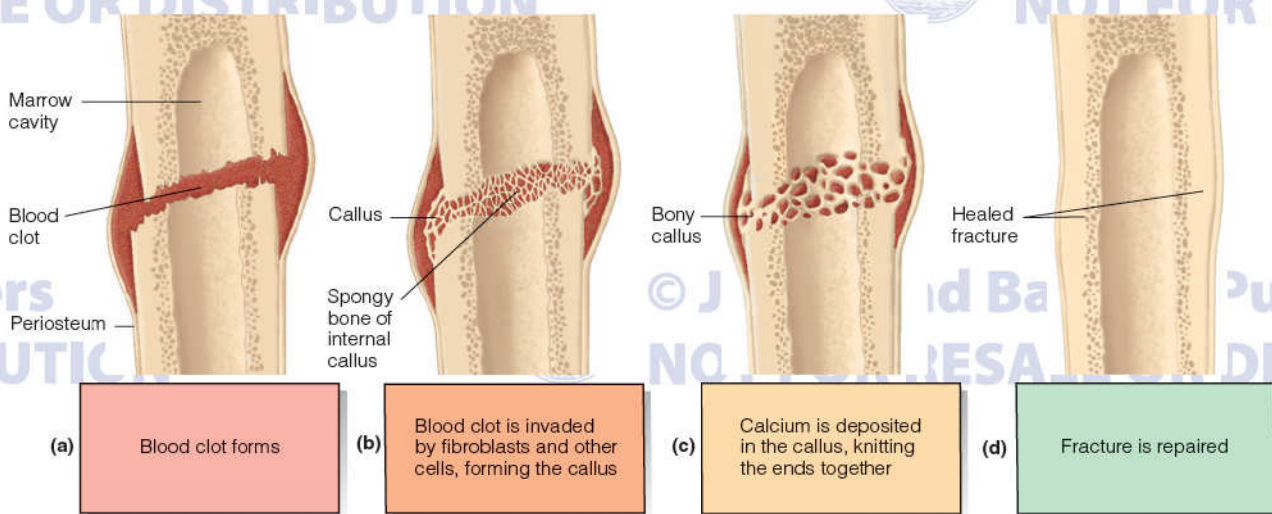


FIGURE 1-1 Stages in Fracture Repair

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