

DESERT CITIES CHIROPRACTIC

12241 Industrial Blvd. Suite 102

Victorville CA 92395

(760) 952-3300

How does my body heal after injuries?

The **first phase** is simply INFLAMMATION and occurs within the first 48-72 hours post injury. During this phase the most important thing to do is control the inflammation, usually by using ICE, and avoiding further irritation to the area. Sometimes immobilization with a brace is necessary.

The **second phase** of healing, up until 6 weeks post injury, is when your body begins to REPAIR AND REGENERATE. This is when scar tissue formation occurs. Our muscles and organs are covered with a material much like plastic wrap, that's called fascia. When injured, the scar tissue turns this area of 'plastic wrap' into a material much like 'wax paper', inflexible and without circulation. This will cause a weak spot in the tissue that was injured allowing the margin of 'plastic wrap' and 'wax paper' to be injured again or torn more easily unless it is knitted together properly from the beginning. The most important thing to do during this phase is gentle, pain free range of motion exercises and stretching. By starting motion as early as possible we can stop the scar from becoming too large, and allow the tissue it is healing to regain its flexibility and strength.

The **third phase** of healing, which can take up to 12 months, is when the tissues REMODEL AND MATURE. The only way that the body can complete this healing process is by the performance of specific exercises prescribed for your individual needs. Exercises geared toward building strength and endurance through safe ranges of joint motion will enable the body to heal with strength, balance and stability and be less prone to re-injury.

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Home Heat and Ice Therapy:

Step 1: Apply heat packs for 15-20 minutes over the injured area. Do not apply the heat pack directly on the skin. Always wrap heat pack in a moist towel or over your thin clothing.

Step 2: Stretch the injured area by performing gentle range of motion exercises as prescribed by your doctor.

Step 3: Apply ice packs for 15-20 minutes over the injured area. Always place a towel between the ice pack and your skin.

This 3 step process can repeated every 1-2 hours as needed.

Thank You for choosing Desert Cities Chiropractic for your chiropractic care.

If you have any questions, please contact:

***Dr. Athanasia Angelopoulos or Dr. Chris Angelopoulos at
(760) 952-3300.***