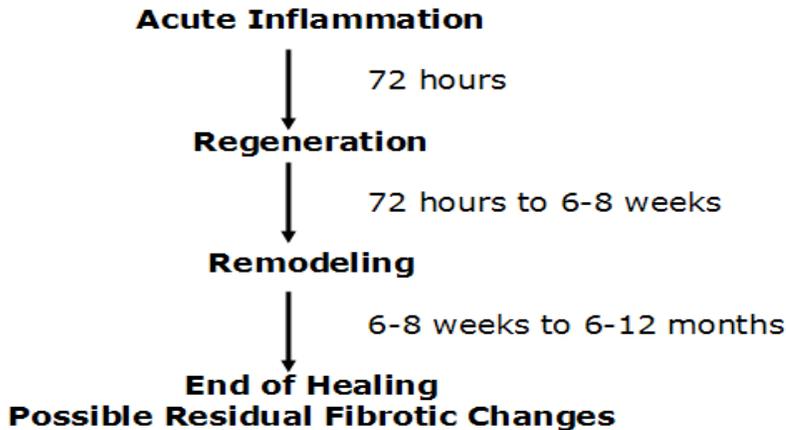


# O'LEARY CHIROPRACTIC

## Phases of tissue healing Part 2

### Stages of Healing Following Soft Tissue Injury



O'Leary Chiropractic accepts almost all types of major medical, not limited to:

- Empire Blue Cross
- Blue Cross/Blue Shield (various plans)
- CDPHP
- Blue Shield Northeastern New York
- MVP
- CIGNA
- The Empire Plan
- United Healthcare
- AETNA
- Medicare
- Workers Compensation/No Fault.
- Affordable self pay options

After last months newsletter we know that the remodeling stage is the final stage of the healing process. Complete healing of involved soft tissues can happen anywhere from 6 weeks to 6 months or more depending on the type of tissue involved.

As previously stated, the absence of pain does not necessarily indicate that the injury area is 100% recovered. Its important to continue strengthening and stabilization exercise. For many, as the pain disappears, the reminder to continue home care also disappears.

One of the reasons we use exercise for rehabilitation is that the stress of the exercise on the healing tissue helps the tissue heal and align in a more organized manner, making it stronger. If we stop when pain decreases, those healing tissues may end up poorly organized, weaker, and possibly more likely to be reinjured.

Eventually the question of how long should someone continue the rehabilitation exercises come up. Initially exercises are typically done one or two times a day. As time goes the exercises are usually able to be decreased to once a day. Depending on the type of injury, sufficient exercise could be done two or three times a week. The long answer is that they should not be stopped but can likely be decreased to a point where they are done occasionally.

If you, your family or friends suffer from neck pain, back pain, extremity pain or headaches, we can help!

To set up an appointment please call **793-1205** or for more information visit us at: [www.olearychiropractic.net](http://www.olearychiropractic.net) or **find us on Facebook at O'Leary Chiropractic**

#### Do I need a referral?

You do not need a referral to schedule an appointment with Dr. O'Leary or Dr. Steele.