

CONDITIONS WE TREAT – MUSCLE, TENDON & LIGAMENT TEARS

MUSCLE, TENDON AND LIGAMENT TEARS: The Most Common Injury

All the muscular and supportive tissues of the body are comprised of thousands of individual fibers. If we were to cut through a muscle or tendon we would see these individual fibers under the microscope. When we tear tissue (the most common injury), we usually tear a portion of the fibers. Depending on the severity of the tear we rate the injury a grade 1, 2 or 3. A grade three tear is most severe. This is a complete tear and requires surgical repair in most cases. Fortunately the vast majority of tears are incomplete and require only proper diagnosis and good treatment to heal. Therapies like ultrasound, (the therapy of choice for tissue tears and the one the major sports players get); greatly speeds up tissue repair and clean healing.

Scarring can often develop following tissue tears. Scarring often results when inappropriate care is received or an injury takes too long to heal. Prolonged injury and inflammation or swelling leads to scarring. The area will be prone to continued injury and re-tearing. Ultrasound and other beneficial therapies reduce the chance of scarring. Excessive massage and stretching can often delay proper healing.

