

Regeneration Process of Tissues

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Regeneration Process of Tissues

When an injury is sustained, the body sets into motion various processes, which are needed to repair the damaged tissue. A Physical Therapist or Athletic Trainer can aid the natural repair processes of tissue by using various therapeutic modalities within an appropriate time shortly after an [injury](#). This paper will discuss the physiological effects of therapeutic modalities and their relation to the [regeneration](#) process of tissues.

A. The injury process

The body's reaction to injury may be divided into two distinct parts. The primary response to injury is the tissue destruction directly associated with the traumatic force. Secondary damage occurs from cell death caused by a blockage of the oxygen supply to the injured area. The damage done during the primary stage is irreversible, and the treatment efforts used after trauma attempt to contain the effects and limit the amount of secondary injury. Dead and damaged cells release their contents into the area adjacent to the injured site. The presence of these substances causes an inflammatory reaction from the body's tissues. As a result of both the primary trauma and the inflammatory mediators,

hemorrhage and edema occur (Starkey, 10).

B. The use/role of therapeutic modalities

A modality is the application of some form of stress to the body for the purpose of eliciting an adaptive response. The term "therapeutic" is essential to fully describe the principles behind the application of thermal, mechanical, electrical, or chemical energy to the body. To be deemed therapeutic, the stress applied to the body must be conducive to the healing process of the injury in its current state. The optimum conditions for healing require a balance be...

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