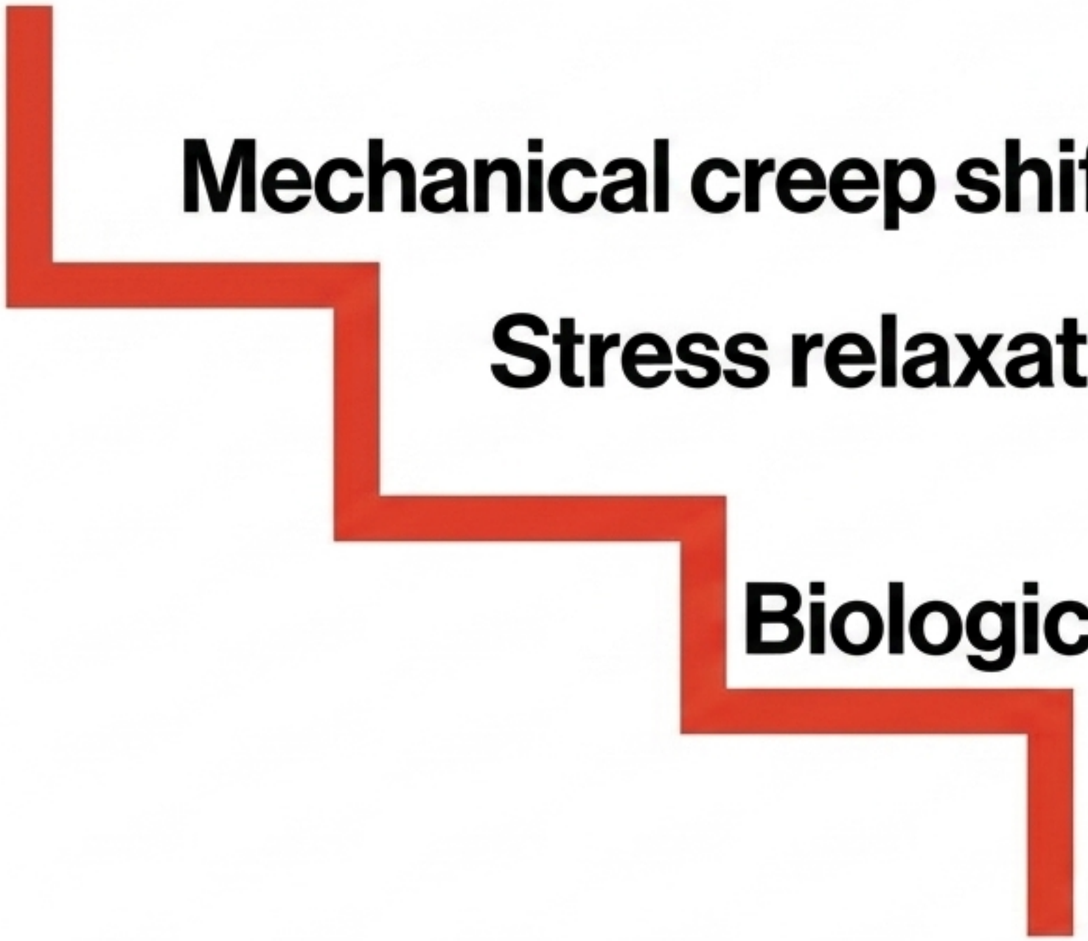

Mechanical creep shifts interstitial fluids.

Stress relaxation lowers internal tension.

Biological creep rebuilds new collagen.

Wait 8 to 12 weeks.

Sustained tension triggers cellular proliferation and new collagen deposition.
ALLOW TISSUE TO REMODEL