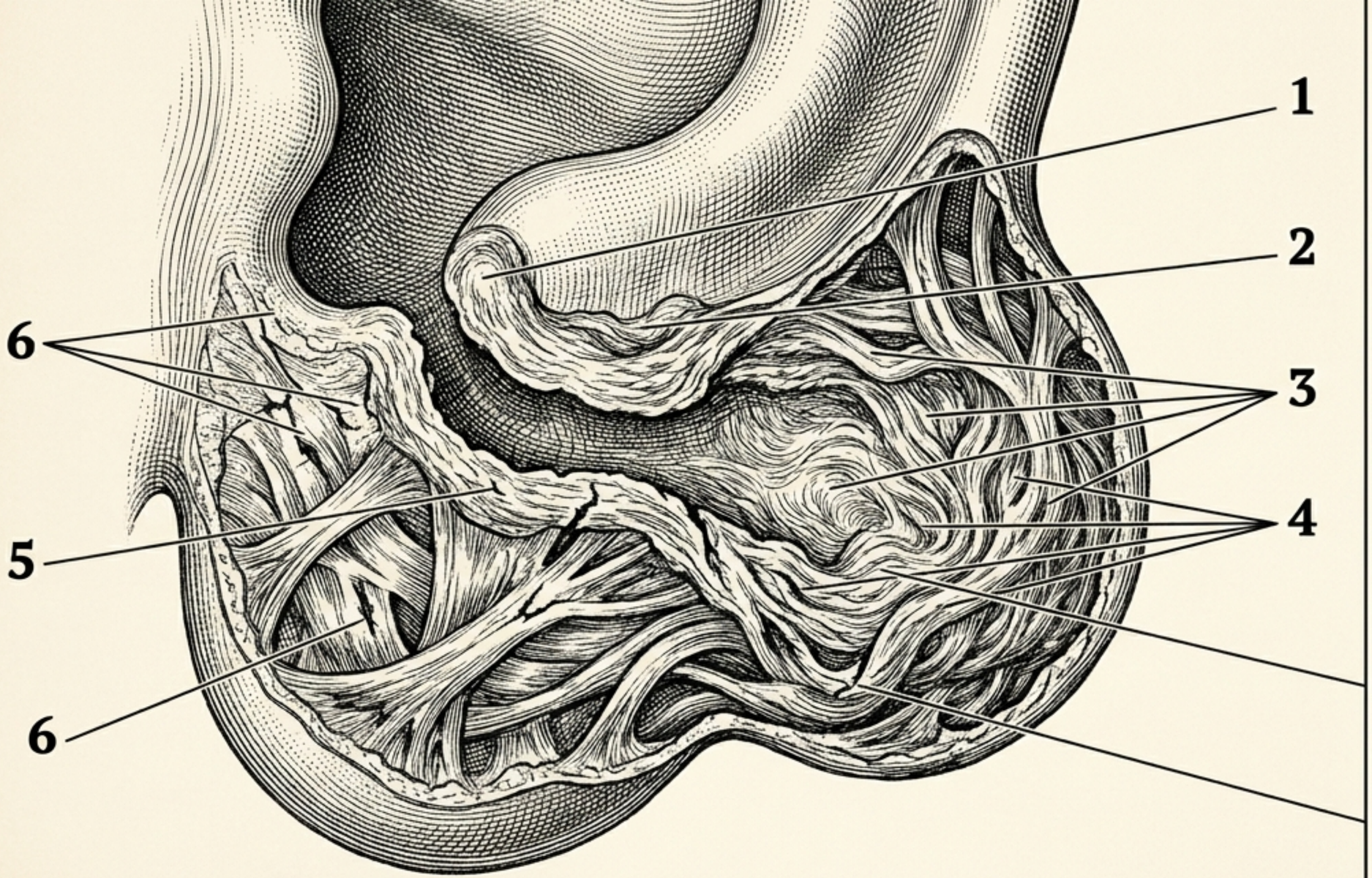


1. Inner fistula tissue
2. Visible collar of tissue
3. Disorganised scar phase
4. Inelastic scar tissue
5. Cumulatively thinned lobe
6. Micro-tears in wall

Every rushed stretch replaces elastic tissue with dense scar collagen that does not contract.

FORCING A STRETCH CAUSES CUMULATIVE DAMAGE.