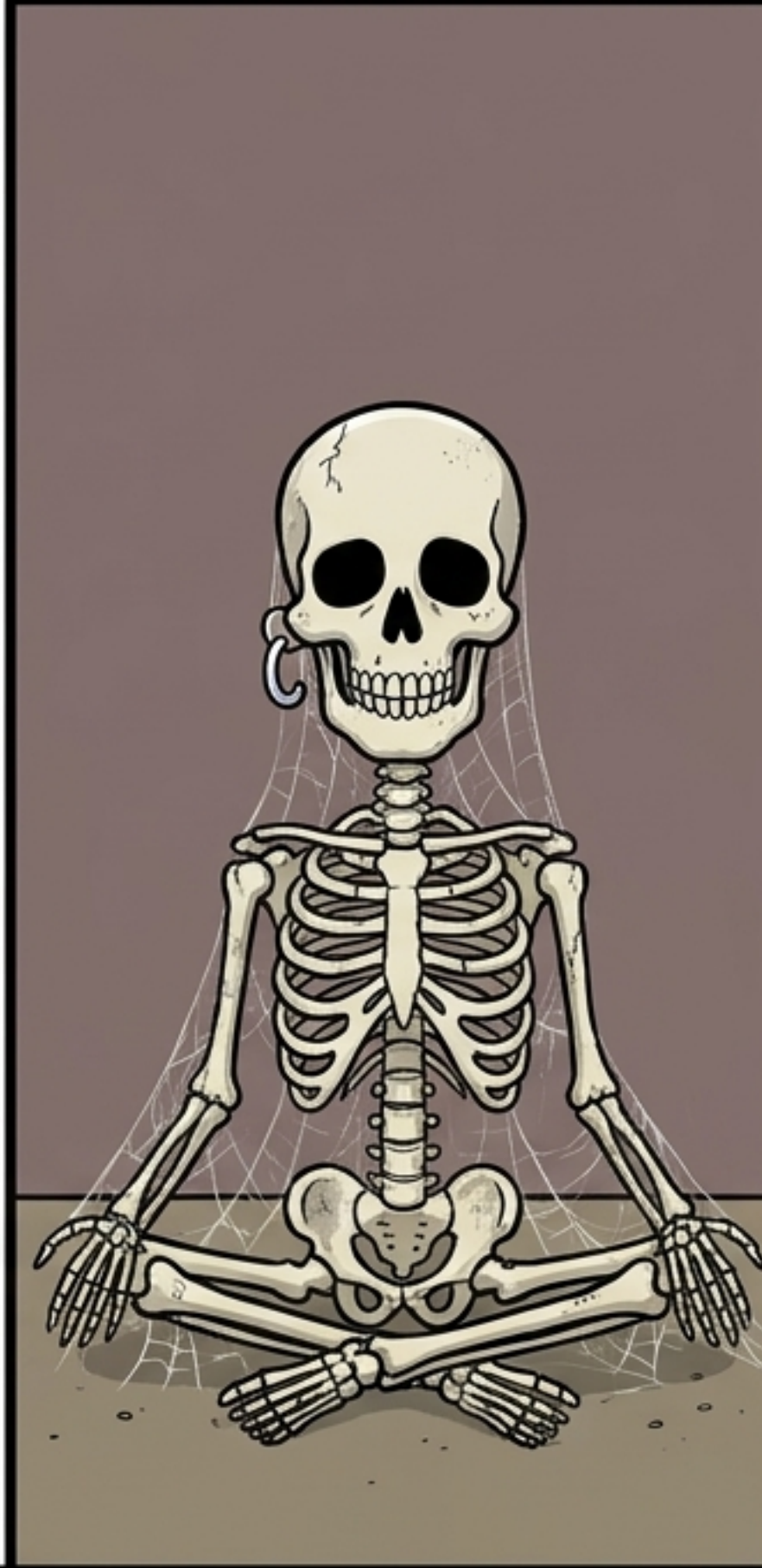




**Cartilage lacks a direct blood supply and must heal slowly through cellular diffusion.
Patience is just biology with a terrible waiting room.**