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Tendon/Ligament Healing Stages

Injured tendon goes through several stages during the healing process to return to functional strength.

Stage 1

0-4 weeks

Inflammation, 3-fold increase in blood supply

1-4 weeks

Creation of hyaluronic acid framework crossing gaps in torn fibers

Stage 2

4-16 weeks

Type III collagen forms in the gaps in injured fibers, providing substance and limited strength

Stage 3

16-32 weeks

Type III collagen is replaced by Type I (normal tendon) collagen, fibers align along stress planes and finally cross-linking occurs, returning the injured tendon to functional strength