Bleeding
Neutrophils
Macrophages 1

Macrophages 2
Myogenesis → SCA → SCRP → SCM → MB → MT → RMF

Lateral Adhesion → Scar → RMF penetrate scar → firsts nMTJ → S > nMTJ
Vascular → Capillaries sprout to non-vascularised injured tissue (if not hindered by scar)
Neural → Innervation required, or atrophy of RMF will occur (axons can sprout through scar)

Immobilization
Ice + Compression + Elevation
Strengthening
Stretching → Do not keep limb in short position

Legend:
SCA: Satellite Cells Activated; SCRP: Satellite Cells Rapid Proliferation; SCM: Satellite Cells Migration; MB: Myoblasts (SC differentiate into MB); MT: Myotubes (MB join in MT); IMF: Injured Myofibers; RMF: Regenerated Myofibers (MT fuse with each other or with IMF into RMF); nMTJ: new Myotendinous Junctions (when Regenerated Myofibers attach to the scar); S > nMTJ: Scar becomes stronger than the nMTJ after 11-14 days.

N.B.: the starting point for neural regeneration is not known. Regenerating MFs will atrophy if denervation persists for more than three days.
Nerve axons sprout to un-innervated RMF, unless hindered by scar formation.

*This flowchart does not represent a complete treatment protocol, but only the rehabilitative concepts that were covered in this review.