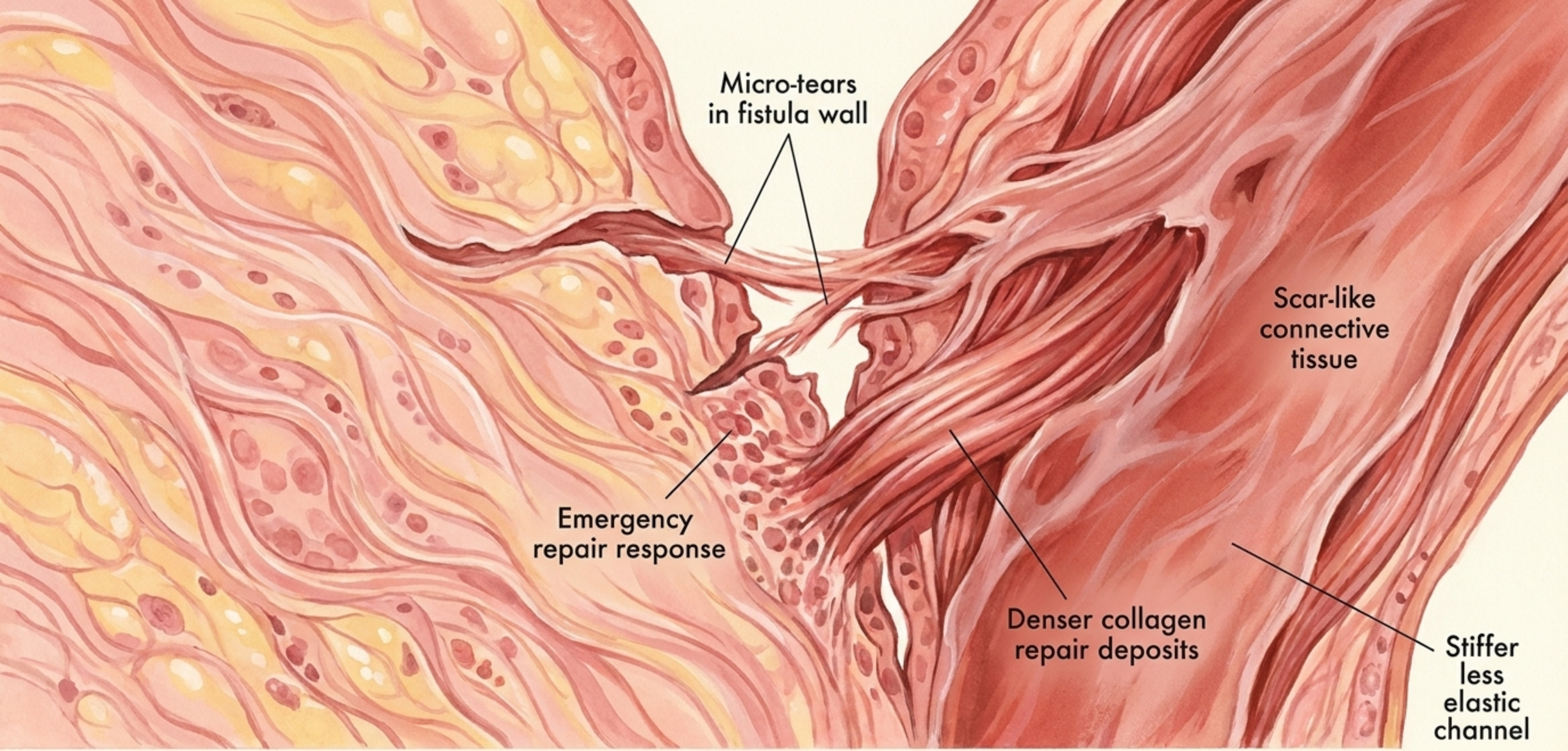


Fast stretching produces micro-tears that heal by depositing dense, non-contracting scar tissue.

# SCAR TISSUE DESTROYS LOBE ELASTICITY