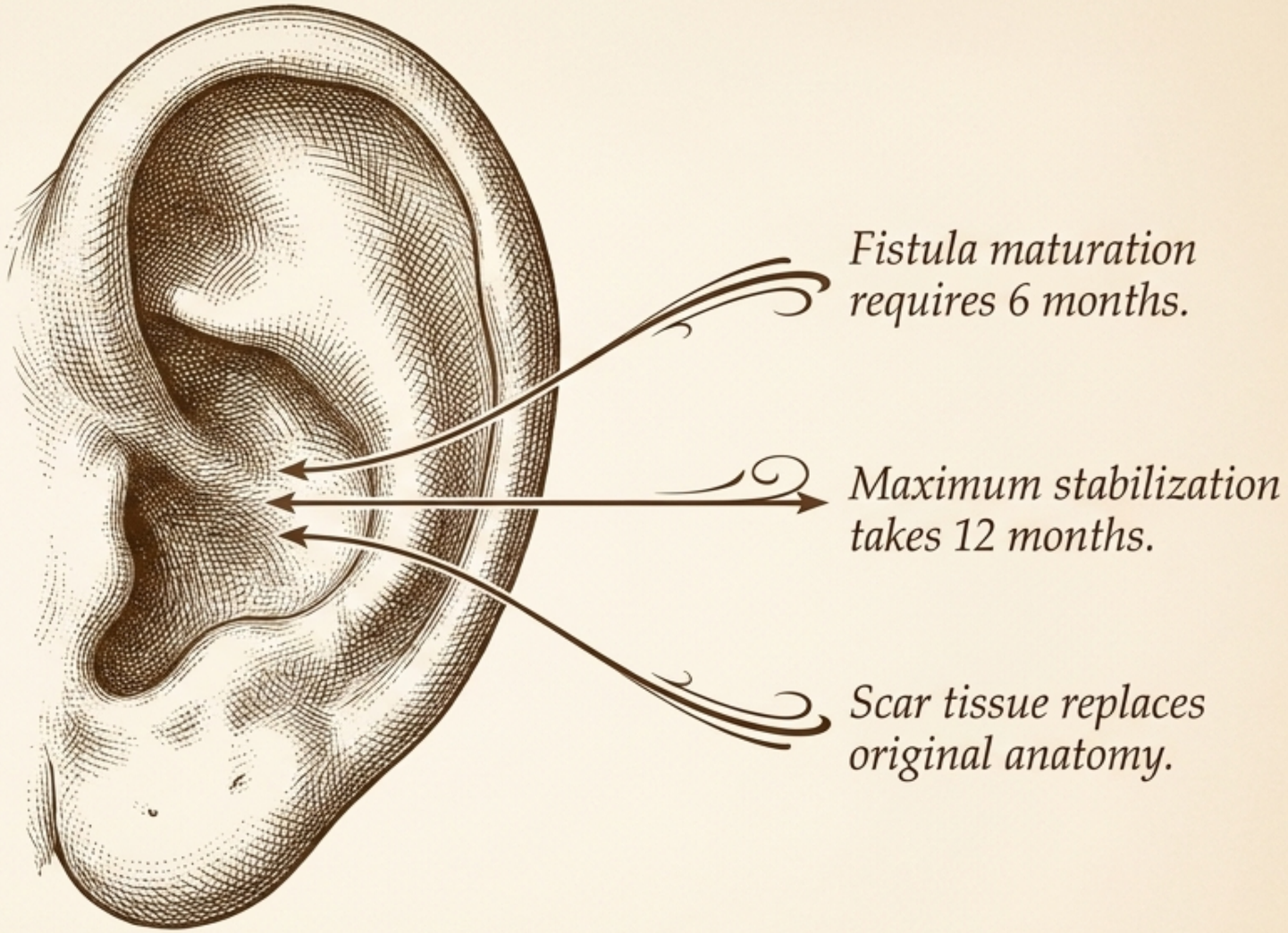
Plate 1 Avascular remodeling zones.



Cartilage lacks blood supply and heals entirely through slow passive diffusion.

Remodeling takes up to a year.