

Beat Linkzzzzz:

<https://www.youtube.com/watch?v=V3jjH-LVG4>

Start rapping at 0:20.

First time she hit my tissue
It hurt so bad, I couldn't tell you
Histamine and epinephrine see the issue
Released from the Mast Cells, yeah, that's true
Vasoconstriction - Histamine did that
Stop the blood flow - call the popo

P. O. L. I. C. E.

Protect, load, ice, and compression
Let's not forget... elevation.
Neutrophils and Platelets on da way
Away from the axial zone to da membrane
Bind to the collagen on the lining
Leukocytes movin cuz of ...Margination
Stickin to da walls dats ...Pavementation
Chemotaxis dats da ...combination
Now da vessel dilating,
Permeating,
Exudate's escaping
Got me daydreamin (**man what!!!!**)
Phagocytic cells comin to the rescue
They entering the injured tissue
Ooo they ate it up.. All dat debris
Omygosh this all happens in me
Platelets in the blood, dang so bold,
Clotting up the wound, letting healing unfold.
Now lets start ...proliferation
Debris been thru ...elimination
Tissue folrmed durin ...inflammation
Lets start new tissue ...creation

Repairing tissues is an okay plan
But scar tissues not that good mane
Can da tissue resolve, maybe not
Can dey regenerate, maybe not
Can dey repair, yes they can
But scar tissues not that good maneeeeeeee

Revascularization.. New capillary beds
Lay down new collagen - thats what she said
Now da wound contracting,, decrease da clot size

**Now reorder it.. Yeah thats right
Wait bout a year.. Getting stronger
Ugh, I cant wait... any longer!
Bye bye.**