

HOW TO ACCELERATE YOUR SOFT TISSUE INJURY RECOVERY

- P**  **PROTECTION**
Avoid activities and movements that increase pain during the first few days after injury.
- E**  **ELEVATION**
Elevate the injured limb higher than the heart as often as possible.
- A**  **AVOID ANTI-INFLAMMATORIES**
Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.
- C**  **COMPRESSION**
Use elastic bandage or taping to reduce swelling.
- E**  **EDUCATION**
Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.
- &**
- L**  **LOAD**
Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.
- O**  **OPTIMISM**
Condition your brain for optimal recovery by being confident and positive.
- V**  **VASCULARISATION**
Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
- E**  **EXERCISE**
Restore mobility, strength and proprioception by adopting an active approach to recovery.

