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# SOFT-TISSUE INJURIES

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## SIMPLY NEED

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- 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.
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- 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.

