

PEACE & LOVE

SPORT-RELATED INJURY

immediate care

after the injury

P

PROTECT

Protection

Avoid activities and movements that increase pain during the first few days after injury.

E

ELEVATE

Elevation

Elevate the injured limb higher than the heart as often as possible.

A

AVOID

Avoid anti-inflammatories

Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.

C

COMPRESS

Compression

Use elastic bandage or taping to reduce swelling.

E

EDUCATE

Education

Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.

subsequent management

after the first days

L

LOAD

Load

Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.

O

OPTIMISM

Optimism

Condition your brain for optimal recovery by being confident and positive.

V

VASCULARISATION

Vascularisation

Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.

E

EXERCISE

Exercise

Restore mobility, strength and proprioception by adopting an active approach to recovery.