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PROTECTION

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



ELEVATION

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



AVOID ANTI-INFLAMMATORIES

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



COMPRESSION

Use elastic bandage or taping to reduce swelling.



EDUCATION

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

&



LOAD

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



OPTIMISM

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



VASCULARISATION

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



EXERCISE

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

Peacelove And Healing

Ian Pickup



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