

## PEACE and LOVE for Acute Injury



### Protection:

avoid movements/activities that cause significant pain in the initial days of injury



### Elevation:

if there is swelling, raise the injured limb above your heart as often as able



### Avoid anti-inflammatories:

while they can relieve pain, they can also delay the healing process



### Compression:

gentle compression (ace wrap) can help reduce swelling



### Education:

let your body do what it does best, and if not improving seek a professional



### Load:

let pain be a guide to increasing activity to load injured tissues to make them strong



### Optimism:

condition the brain for optimal recovery with confidence and positivity



### Vascularization:

pain-free cardiovascular activities help increase blood flow to signal healing



### Exercise:

restore mobility, strength, stability and balance as you heal from the injury