

PEACE & LOVE





PROTECT

Avoid any activities/movements that increase pain during the first few days after injury



ELEVATE

Elevate as the injury area higher than the heart as often as possible



AVOID - ANTI INFLAMMATORIES

Avoid taking anti-inflammatories and ice as they can reduce tissue healing



COMPRESSION

Apply a compressive badge or elastic sleeve



EDUCATE

Avoid unnecessary passive treatments and listen to your body. It knows you best







Start returning to loading your body, let it guide you through safe progression of loading



Be positive and confident about your bodies healing and recovery



VASCULARISATION

Work towards pain free cardiovascular exercise to increase blood flow



restore mobility, strength, etc. Make sure you stay within whats comfortable

The Price Of Peace

RJ Shavelson

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