

How to Take Care of an Injury

After an injury, you may have heard the acronym “RICE” (Rest, Ice, Compress, Elevate). While “RICE” can often help settle acute injuries, it is missing one huge aspect of healing; loading the tissues!

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.
&		
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.

Introducing...



Besides the obvious fact that PEACE and LOVE is way more fun to say than RICE, it reminds us to start loading our tissues in a pain-free range, and move and exercise as much as we can within pain tolerance. Appropriate tissue loading helps the tissues heal properly, and exercise and movement can help bring blood flow to the injury to help to heal as well.

So the next time you get an injury, before you plop down on the couch to rest for a few days, remember the principles of PEACE and LOVE and try to get moving as much as you safely can!

