



The PEACE and LOVE approach to injury recovery

Recently, the acronym for injury management has evolved significantly. The PEACE and LOVE approach covers the gaps left by previous approaches and outlines how to optimize your recovery immediately after injury, as well as how you can manage your injury in the long term.

If you continue to experience discomfort after your injury, speak to a health professional.

Following an injury, allow 1-3 days of PEACE

- P**  **Protection**
Protect your injury by avoiding movements that cause a prolonged increase in pain.
- E**  **Elevation**
Elevate the injured area higher than your heart to help reduce swelling.
- A**  **Avoid anti-inflammatories (including ice)**
Although ice is effective at decreasing pain, anti-inflammatories can disrupt the tissue healing process in the early stages.
- C**  **Compression**
Compress the area with an elastic bandage to help control swelling.
- E**  **Education**
Seek out education and resources from a professional regarding how to approach recovery.

Peace Love And Healing

Tao Wei



Peacelove And Healing:

Eventually, you will very discover a extra experience and finishing by spending more cash. still when? complete you allow that you require to acquire those all needs gone having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more a propos the globe, experience, some places, next history, amusement, and a lot more?

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