

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.



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