

MANAGING MINOR SPRAINS AND STRAINS



Use the **PEACE & LOVE** method for the first 24 to 48 hours after a minor sprain or strain injury to help reduce swelling, ease pain and speed up recovery.

P **ROTECTION**

Avoid activities and movements that increase pain during the first few days of injury

E **LEVATION**

Elevate the injured limb higher than the heart as often as possible

A **VOID ANTI-INFLAMMATORIES**

Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.

C **OMPRESSION**

Use elastic bandage or taping to reduce swelling

E **DUCTION**

Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.

L **OAD**

Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.

O **PTIMISM**

Condition your brain for optimal recovery by being confident and positive.

V **ASCULARISATION**

Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.

E **XERCISE**

Restore mobility, strength and proprioception by adopting an active approach to recovery

For more information regarding work, health and safety in NSW visit www.hii.au



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