

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. Ice or Tylenol can be used for pain.

C



COMPRESSION

Use elastic bandage or knee sleeve to reduce swelling.

E



EDUCATION

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

&

After the first few days have passed, soft tissues need LOVE

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 and reduce need for pain meds.

E



EXERCISE

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

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