

Want to optimise your recovery?

Managing your injury well in the first 72 hours after injury can help your body's own natural healing process.

The PEACE & LOVE regime is a quick and easy way to remember what you should do after you have an injury.

Useful Links

Find further information on injury advice and management at:

NHSinform www.nhsinform.scot/msk

Further Information

Physiotherapy Department

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We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:
www.wihb.scot.nhs.uk or share your story at:
www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868
Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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NHS Western Isles

Physiotherapy Department

First Aid for Soft Tissue Injuries

Rolled over your ankle?
Twisted your knee?
Sprained your wrist?



Useful information and advice

If there are signs or symptoms of serious injury:

- deformity
- severe swelling and/or pain
- inability to take weight

please contact your GP or attend your local Emergency Department.

First Aid treatment

After suffering a soft tissue injury, such as a sprain, strain, muscle pull, or tear, immediate first aid treatment can prevent complications and speed up the healing process.

The PEACE & LOVE regime is recommended in the management of soft tissue injuries in the first 72 hours, as it may help to relieve pain, limit swelling and protect the injured tissue as it starts to heal.

Soft tissue healing takes about 6-12 weeks.

PEACE & LOVE

What **TO DO** in the first 72 hours:

- ✓ **Protection** - Avoid movements and activities that increase pain for the first few days after injury.
- ✓ **Elevation** - Elevate the injured limb higher than the heart as often as possible.
- ✓ **Avoid anti-inflammatories** - Avoid taking anti-inflammatory medications as they reduce tissue healing in the early stages. You do not need to ice the area either.
- ✓ **Compression** - Use elastic bandage or taping to reduce swelling.
- ✓ **Education** - Your body knows best - avoid medical investigations and unnecessary passive treatments - let nature play its role

AND

- ✓ **Love** - Let pain guide your gradual return to normal activities - your body will tell you when it's safe to increase load.
- ✓ **Optimism** - Try to be confident and positive to help condition your brain for optimal recovery.
- ✓ **Vascularisation** - Choose pain-free cardiovascular exercise to increase blood flow to repairing tissues.
- ✓ **Exercise** - Restore mobility, strength and proprioception by adopting an active approach to recovery.

HARM

What **NOT** to do in the first 72 hours:

- ✗ **Heat** – avoid applying heat as this can increase blood flow and swelling into the injured area and delay healing.
- ✗ **Alcohol** – avoid alcohol as it causes your blood vessels to widen causing increased blood flow and swelling.
- ✗ **Running (high impact / excessive loading)** – this will increase the blood flow to the injured area and disrupt the healing process.
- ✗ **Massage** – avoid massage in the first 72 hours as this will increase blood flow to the area and delay the healing process.

If pain and/or swelling worsens or does not improve after 72 hours, please make an appointment to see your GP, self-refer to Physiotherapy, or visit your local Emergency Department, depending upon the severity of your symptoms.