

West Hertfordshire Hospitals NHS Trust
West Hertfordshire Therapy Unit
Jacketts Field
WD5 0PA
Telephone: 01923 378 130



A guide to...

ACUTE INJURY MANAGEMENT

Patient Information

If you are unsure about anything, wait to speak to your physiotherapist or contact the ward you were on.

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217187** or email **westherts.pals@nhs.net**



Watford General Hospital
Hemel Hempstead Hospital
St Albans City Hospital

Author	Priya Khosla
Department	Outpatient Physiotherapy
Ratified Date / Review Date	August 2021 / August 2024
Version Number / ID Number	45/1132/V1



The **PEACE** and **LOVE** approach to recovery focuses on not only short term soft tissue injury management, but also the longer term. **Immediately** after injury, do no harm and let **PEACE** guide your approach. After the **first few days** have passed, soft tissues need **LOVE**.

Protect

In the first one to three days, restrict movement in the area to minimise bleeding and reduce the risk of aggravating the injury. Avoid complete rest, with movements guided by your doctor's advice. Use mobility aids, protective boots or slings if advised to do so.

Elevate

Elevate the limb higher than the heart to reduce swelling, supporting the limb using a pillow, sling or a footstool.

Avoid anti-inflammatories

Anti-inflammatories should not be used in the early stages of the injury, as inflammation is important for tissue healing.

Compression

Compression from bandages or tubigrip is helpful in preventing excess swelling, but ensure that the compression does not cause a change in sensation or colour.

Education

Your therapist or doctor will guide your rehabilitation and help you to understand loading principles and expectations for your rehab. This will help you to avoid any additional treatments and let your body heal naturally.

Load

Early loading (weight bearing) of the affected area is important to aid recovery. Optimal loading without increasing pain promotes repair and builds stability of the muscles, ligaments and tendons in the area.

Optimism

Optimistic expectations lead to better outcomes, with fewer psychological barriers to recovery. Through good education and realistic, optimistic expectations and goals, you can aid your recovery and progression.

Vascularisation

Gentle activity should be started a few days after injury to boost motivation and increase blood flow to injured areas, promoting healing.

Exercise

Your physiotherapist will guide your exercise programme to help restore strength, movement and coordination. Gentle exercise without pain should be undertaken initially to ensure optimal repair.