



**West Hertfordshire  
Teaching Hospitals**  
NHS Trust



A guide to...

**Acute Injury  
Management**  
*Patient Information*

Watford General Hospital  
Hemel Hempstead Hospital

The **PEACE** and **LOVE** approach to recovery not only focuses on 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.

If you are unsure about any advice or information, please arrange to contact fracture clinic or contact the Physiotherapy department using the contact details below .

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



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