

Notes :

L: Load
O: Optimism
V: Vascularization
E: Exercise

Each individual will have a unique experience and response to injury. It is recommended to seek the professional advice of a Physiotherapist in order to assist you in creating a safe, effective, and individualized program so that you can resolve your pain and return to your regular activities as soon as possible.

1 L: Load



Begin to load the injured area as tolerated. This will allow strength to build in the affected areas.

2 O: Optimism



Staying positive and realistic about your recovery can condition your brain for optimal recovery.

3 V: Vascularization



Pain-free aerobic activity helps to promote blood flow to the injured area. Early movement can also help with motivation through the recovery process. Cardiovascular exercise improves physical function and can help to reduce pain.

4 E: Exercise



Exercises to improve strength and mobility will improve outcomes and will reduce the risk of re-injury. Avoid exercises that cause pain and listen to your body when progressing to more advanced exercises.