

Notes :

- P: Protection
- E: Elevate
- A: Avoid Anti-Inflammatories
- C: Compression
- E: Educate (seek the advice of a physiotherapist)

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 P: Protection



Unload or restrict movement for 1-3 days, or longer for more severe injury.

For example, using a crutch or brace can help to unload a sprained ankle.

2 E: Elevate



Elevate the limb higher than the heart to reduce swelling.

3 A: Avoid Anti-Inflammatories



Inflammation is the body's mechanism to promote healing of the injured area. Stopping this critical process may impact the body's ability to heal. Although ice may help to reduce pain, there is no evidence that it helps with healing as it also acts to inhibit the body's natural healing process.

For example, avoid immediate application of ice packs and anti-inflammatory medications to promote faster healing.

4 C: Compression



Taping and bandages can help to reduce swelling and/or bleeding.

Bandages and taping can be purchased at your local pharmacy. You may contact your Physiotherapist if you require assistance with application of the tape or bandage.

5 E: Educate



Seek the advice of a registered Physiotherapist to guide you through an active and individualized recovery program.