

Acute Musculoskeletal Injury Protocol

This is intended for acute soft-tissue injuries during the inflammatory period to help calm things down. This should be followed for the first 48-72 hours (or longer in more severe injuries).

RECIPE	No HARM
Relative Rest Avoid painful activity, but don't sit still	No Heat
Elevate Above the level of your hip or shoulder	No Alcohol
Compress Use Tubigrip or an elastic bandage	No Running (or aggravating activity)
Ice 20 minutes out of every hour (as required)	No Massage
Pain-limited Exercise Move the affected area staying short of pain - as directed by your doctor/physiotherapist	<i>These often make the injury worse. Avoid during the acute phase of injury.</i>

If your injury does not settle or gets worse when following the above protocol, please see your healthcare professional for further advice.

Notes:
