



The PEACE and LOVE approach to injury recovery

Recently, the acronym for injury management has evolved significantly. The PEACE and LOVE approach covers the gaps left by previous approaches and outlines how to optimize your recovery immediately after injury, as well as how you can manage your injury in the long term.

If you continue to experience discomfort after your injury, speak to a health professional.

Following an injury, allow 1-3 days of PEACE

P



Protection

Protect your injury by avoiding movements that cause a prolonged increase in pain.

E



Elevation

Elevate the injured area higher than your heart to help reduce swelling.

A



Avoid anti-inflammatories (including ice)

Although ice is effective at decreasing pain, anti-inflammatories can disrupt the tissue healing process in the early stages.

C



Compression

Compress the area with an elastic bandage to help control swelling.

E



Education

Seek out education and resources from a professional regarding how to approach recovery.

Beyond the first 3 days, your tissues need LOVE

L



Load

Early movement promotes healing and is encouraged. Experiencing some pain is ok as long as your pain subsides after activity. Return to normal activity as soon as you can.

O



Optimism

Stay positive! Studies have shown that having confidence and optimism will condition your brain for a better recovery.

V



Vascularization (blood flow)

Start to engage in light, pain-free aerobic exercise such as walking or biking. Exercise increases blood flow which will help promote tissue healing.

E



Exercise

Taking an active approach to recovery will help restore mobility and strength in the injured area. Be sure to pay close attention to your pain levels.

References

Dubois, B., & Esculier, J. (2020). Soft-tissue injuries simply need PEACE and LOVE. *British Journal of Sports Medicine*, 54(2), 72–73. <https://doi.org/10.1136/bjsports-2019-101253> <https://bjsm.bmj.com/content/bjsports/54/2/72.full.pdf>

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