

SOFT TISSUE INJURIES

NO H.A.R.M

H

Heat: Do not apply heat to the injured area. This includes heat packs, heat rubs, hot water bottles, spas and saunas.

A

Alcohol: Avoid consuming alcohol as this will increase swelling and delay healing.

R

Running: Running or exercise that increases pain and symptoms should be avoided.

M

Massage & Medications: Massaging the injured area may increase swelling and delay healing. Anti-inflammatory medications should be avoided for the first few days as they can interfere with healing.

The No H.A.R.M protocol should be followed for the first 48-72 hours

