

# PEACE & LOVE

For years, the RICE method (Rest, Ice, Compression, Elevation) was the go-to treatment for injuries. However, new research shows that using ice too long may actually slow down healing and lead to more scar tissue. Now, experts recommend the PEACE & LOVE approach, which helps manage inflammation in a way that supports healing.

## RIGHT AFTER INJURY

**P**

### Protection

Limit movement of the injured area for 1–3 days to prevent further injury and allow healing. Avoid too much rest, as it can weaken the area.

**E**

### Elevation

Raise the injured part above your heart level to help reduce swelling.

**A**

### Avoid Anti-Inflammatories

Unless directed otherwise by your doctor, avoid using anti-inflammatory meds or ice right away. Swelling is part of the body's natural healing process, and stopping it may delay recovery.

**C**

### Compression

Use a wrap or bandage to reduce swelling and limit bleeding inside the tissues. Compression may help with healing.

**E**

### Education

Learn about the injury and focus on active recovery.

## A FEW DAYS AFTER INJURY

**L**

### Load

Gradually start moving the injured area when the pain lessens. Movement and exercise help the tissues rebuild and get stronger.

**O**

### Optimism

Stay positive! Good mental health can boost recovery. Negative thoughts or fears about pain can slow down healing.

**V**

### Vascularization

Do some light, pain-free cardio (like walking) a few days after injury to get blood flowing. Recognize the vast difference between "hurt" and "harm." Movement can be uncomfortable, but it does not necessarily mean that you are harming yourself.

**E**

### Exercise

Exercise can improve the injured area's strength, flexibility, and balance. Pain should be your guide—stop if it hurts too much.