

### **What to Do When Injured:**

When sustaining an injury, try to see a medical doctor, athletic therapist, or physiotherapist as soon as possible to determine the injury and its severity. If the pain is significant or gets worse over a short period of time, go to the emergency room at the closest hospital to be diagnosed.

### **Things to Do after Being Injured (24-48 hours): The Concept of P.I.E.R.**

**Pressure:** Apply pressure to the injured area. You are trying to minimize the amount of bleeding occurring at the injured site, which is the most important thing you can do to help the body heal as fast and efficiently as possible.

**Ice:** Use ice to decrease the sensitivity of the area as well as to decrease cellular metabolism (so less secondary issues occurring to the injured area).

**Elevate:** Elevate the affected area above the heart. By elevating the affected area it slows down the blood flow to the injured area. As such, less secondary issues occur to the injured area.

**Reduce Activity:** Keep moving as long as it is pain-free. If movement is painful then keep the injured area in a comfortable position. It is important to move if you can as it lessens secondary issues.

The hardest thing to understand when you are injured is whether or not you should move. The principle to follow is that good pain goes away immediately after movement, whereas bad pain stays and lingers for a period of time after movement. When the pain stays after movement you may have done more damage to the injured area → if you encounter this use the "P.I.E.R" concept.

### **Principles to Increase and Optimize Healing:**

- The most important aspect to increase and optimize healing is to have the injury properly diagnosed by a medical doctor, athletic therapist, or physiotherapist as soon as possible after the injury
- Follow the "P.I.E.R." principle immediately after injury occurred
- Get the proper amount of sleep → for children and teenagers it is approximately 10 hours, for adults it is 8½ hours; sleeping is when true healing occurs so it is essential to achieve optimal amounts
- Eat the proper foods (lots of vegetables, some fruit, lean protein) and do not over eat; stay away from junk foods, processed foods, and minimize sugar consumption
- No matter what the injury is you should have three components in your rehabilitation program: stretching/range of motion work, strengthening, and proprioception work (i.e., neuromuscular training; upper body-hand eye coordination, lower-body balance)
- Movement is crucial for increasing and optimizing healing. It assists healing as it decreases secondary issues from the injury, and is crucial for all joints in the body.

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