

**BASIC INJURY MANAGEMENT - learn how to best manage injuries to prevent long term problems.**

Knowing what to do when you suffer a swollen joint or twisted ankle can make the difference between a quickly forgotten injury, and one that returns to haunt you later in life.

We often see people in our clinic in their 30's and 40's who tell us they sprained their ankle when they were younger, and that it has never been the same since. In many cases, they just didn't deal with the injury properly in the first place.

If you injure yourself, use **Rest, Ice, Compression and Elevation**. But it's important to clarify a few points:

**Rest** means Rest from painful movement, but encourage movement in a pain-free direction. This will prevent the injured part from Seizing Up, and help the tissue heal in an orderly fashion.

**Ice, Compression, and Elevation** will all help prevent excessive inflammation. Ice for 20 minutes every 2 hours when able over the next two days. Use Compression with a bandage that you can still slip a finger under, and elevate the body part when possible above the level of the heart.

Inflammation, however, is not all bad. It triggers the healing process, and for that reason, avoid taking anti-inflammatories in the first 48 hours. This is the current wisdom used in the professional sporting world where speedy and strong recovery is big business, and should also be applied to junior sport.

But above all else – if in doubt, see your Physiotherapist. It is much easier to treat an injury straight away, than a few months later when it hasn't "healed itself". Remember – you only have one body - it has to last you the rest of your life!!!

If you have any questions about the above, or an injury you have sustained, call us on 9580 1985 to book a **FREE** Initial Assessment, 1 Forbes Drive, Aspendale Gardens.



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