

# PEACE & LOVE

The **PEACE & LOVE** acronym underscores, as explained by Blaise Dubois and Jean-Francois Esculier, “the importance of educating patients and addressing psychosocial factors to enhance recovery. In addition, while anti-inflammatories show benefits on pain and function, [PEACE & LOVE] flag their potentially harmful effects on optimal tissue repair.”

**P**

**‘P’ is for Protection**

Avoid activities and movements that increase pain during the first few days after injury.

**E**

**‘E’ is for Elevation**

Elevate the injured limb higher than the heart as often as possible.

**A**

**‘A’ is for AVOID anti-inflammatories**

AVOID taking anti-inflammatory medication as they reduce tissue healing. AVOID icing,

**C**

**‘C’ is for Compression**

Using an elastic bandage or taping to reduce the swelling.

**E**

**‘E’ is for Education**

Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.

**&**

**L**

**‘L’ is for Load**

Let pain guide your gradual return to normal activities. Your body will tell you when it’s safe to increase load.

**O**

**‘O’ is for Optimism**

Condition your brain for optimal recovery by being confident and positive.

**V**

**‘V’ is for Vascularisation**

Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.

**E**

**‘E’ is for Exercise**

Restore mobility, strength and proprioception by adopting an active approach to recovery.

Courtesy of Blaise Dubois and Jean-Francois Esculier, published by the British Medical Journal in April 2019