

What to do during the 2nd phase?

Often people have very little or no pain and they take this as the signal to get straight back into their pre-injury exercise levels.

Treatment by a physiotherapist can have a big influence on the healing tissues at this stage of the healing process.

6-20
days

21+
days

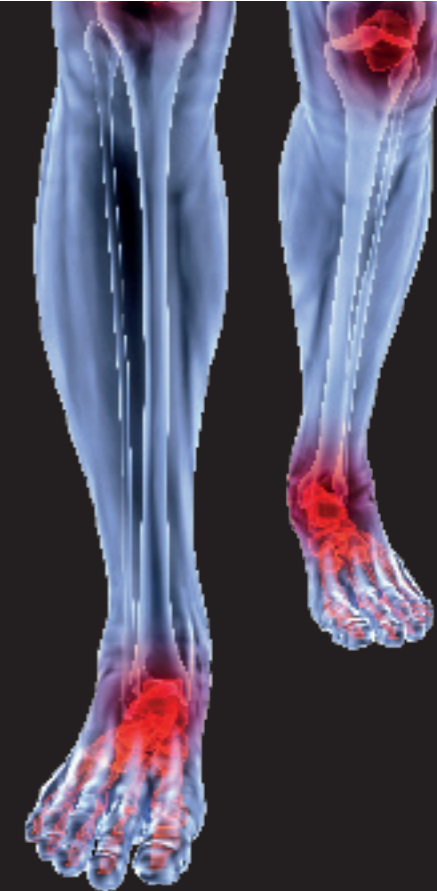
What to do during the 3rd phase?

In phase 3 you need to ensure that you are able to cope with functional demands so you can continue with your normal activities. Very often there is an imbalance between the state of the healing tissues, and the load that the patient is placing upon the healing tissue. This can lead to re-injury. Guidance by a physiotherapist on a suitable rehabilitation program is advisable at this stage of the healing process.

For more information on Nuffield Health physiotherapy or to book an appointment call 0845 045 4845.

The Nuffield Health topic 3 - Muscles & Joints.

Muscles & Joints



What to do when you get an injury. Follow the R.I.C.E. regime (1-6 days)

..... Rest



Adopt postures or positions which protect the damaged tissues from further injury.

..... Ice



Apply for 20 minutes every 2 hours within the first 5 days to minimise swelling.
Wrap ice in a wet towel to avoid ice burns.
This minimises swelling, bruising and pain.

... Compression ...



Limit swelling, pain and movement by applying a crepe or cohesive bandage, tube grip or joint support.

..... Elevation



Reduces the swelling and controls the pain.
Most effective when the injured part is raised above the level of the heart.