

If you injure a muscle or other soft tissue in your body, follow the **POLICE** principles to reduce your pain and help you to recover.

P

Protect



Protect your injury from further damage. You'll need to rest immediately after the injury, but not for long. Depending on the injury, consider using some form of support or a splint.

OL

Optimal Loading



Get active sooner rather than later. Start to put weight on your injury and build up your range of movement. Do this gradually and be guided by what feels right for you.

I

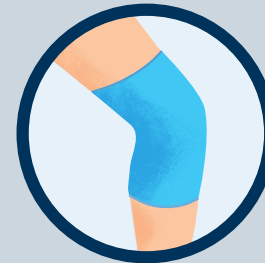
Ice



Place a cold compress such as a bag of ice or frozen peas, wrapped in a towel onto the painful area. Do this for around 20 minutes every couple of hours for the first two to three days.

C

Compression



Compress the injured area using a bandage to help reduce swelling.

E

Elevate



Elevate your injury above the level of your heart. Put arm injuries in a sling and rest leg injuries, while sitting or lying, on a chair and cushion.