For the first few days after an injury, prevent further damage by avoiding HARM.

**H**
Heat
Don’t have hot baths, showers or saunas and avoid using heat rubs or packs after an injury.

**A**
Alcohol
Avoid alcohol as it can slow down your recovery and increase your chances of hurting yourself again.

**R**
Running
Don’t run or do other types of moderate activity as this may cause further damage.

**M**
Massage
Massaging the injured area can cause more swelling and bruising, so avoid this for the first day or two.