

FOR ACUTE INJURIES

The benefits of the POLICE method

PROTECT

Protect from further tissue damage.

OPTIMAL LOAD

Injured tissue must be exposed to mechanical stresses necessary for the body to remodel and restore function. This may be the most vital component of healing your injury.

ICE

Ice should be applied as soon as possible, as this slows down blood circulation and so reduces the amount of bleeding and swelling in the tissues.

COMPRESSION

Compression should be applied to the area as immediately as possible to restrict bleeding at the injury site. Do not apply compression around the whole of the limb.

ELEVATION

Elevation of the injured area should be practiced as much as possible. A leg or arm should be comfortably supported so that it is higher than the torso. This allows gravity to assist the removal of swelling from the area and so aids recovery.

