ACUTE INJURY PROTOCOL

PEACE for the first few days. LOVE for the recovery that follows.

A modern alternative to the traditional PRICE approach

PEACE

Immediately after injury

P	**PROTECT**	Rest for 1–3 days, but avoid prolonged inactivity.
E	**ELEVATE**	Raise the injured area above the heart.
A	**AVOID**	Minimize anti-inflammatory modalities, including routine ice and medication, to support the natural healing response.
C	**COMPRESS**	Use elastic compression to help control swelling.
E	**EDUCATE**	Favor active recovery and self-management over unnecessary passive treatments.

When pain and swelling allow, begin the LOVE phase.

LOVE

Progressive recovery

L	**LOAD**	Start gentle movement and gradually resume normal activities.
O	**OPTIMISM**	A positive, confident mindset can support recovery.
V	**VASCULARIZATION**	Add pain-free cardiovascular exercise to increase blood flow and maintain fitness.
E	**EXERCISE**	Progressively restore mobility, strength, balance and function.

Seek medical care promptly for severe pain, deformity, inability to bear weight, increasing redness/warmth, numbness, or symptoms that are not improving.

Rappahannock Foot & Ankle Specialists
PODIATRISTS · SURGEONS
Restoring Active Fulfilling Lives One Foot At A Time

Dubois B, Esculier J. "Soft-tissue injuries simply need PEACE and LOVE." British Journal of Sports Medicine. 2020;54:72–73.

Educational information only • Follow the individualized instructions from your RFAS podiatrist.