

# ***SOFT TISSUE INJURIES NEED PEACE AND LOVE***

BY: BLAISE DUBOIS AND JEAN-FRANCOIS ESCULIER

## **PEACE** guided approach to immediate care of a soft tissue injury

### ***P FOR PROTECT***

Unload and restrict movement for 1 to 3 days to prevent further injury. Minimize rest and return to gradual reloading so not to further compromise tissue strength and quality. Pain is a guide.

---

### ***E FOR ELEVATE***

Elevate the limb higher than the heart to promote interstitial fluid flow out of tissue.

---

### ***A FOR AVOID ANTI-INFLAMMATORIES***

Anti-inflammatory medication may potentially be detrimental to long term tissue healing. Initial phases of inflammation are important to tissue regeneration and high dose anti-inflammatory use may inhibit.

---

### ***C FOR COMPRESSION***

External mechanical pressure using taping and bandages helps limit intra-articular edema and tissue hemorrhage.

---

### ***E FOR EDUCATE***

Focus on an active approach to recovery. Better education on the condition and load management will help avoid over treatment and higher healthcare cost.

---

**After initial management with PEACE it is important to give your soft tissue injury some  
LOVE**



## ***L FOR LOAD***

An active approach with movement and exercise benefits most patients with musculoskeletal disorders. An active approach should be added early and normal activities resumed as soon as symptoms allow. Optimal loading without exacerbating pain promotes repair, remodeling, and capacity of tendons, muscles, and ligaments. .

---

## ***O FOR OPTIMISIM***

Remain optimistic. Better outcomes are noted in individuals that have realistic expectations of recovery and a focus on long term outcomes.

---

## ***V FOR VASCULARIZATION***

Physical activity that includes cardiovascular components represents a cornerstone in the management of musculoskeletal injuries.

Cardiovascular activity can be started a few days after injury and boosts motivation and increases blood flow to injured structures.

---

## ***E FOR EXERCISE***

Exercises help reduce the prevalence of recurring injuries as they restore mobility, strength, and proprioception early after injury.

---

