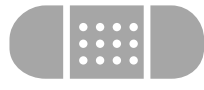


# HOW TO CARE FOR AN ACUTE INJURY

Tips to ensure proper healing and prevent chronic pain



## 1. REST THE INJURY - BUT NOT TOO MUCH!

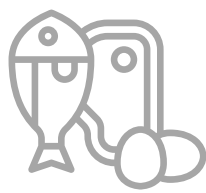
Rest is the first step to encourage proper tissue healing. By overusing injured tissue, you can further delay the healing process. We do encourage, however, slow and careful movement several times a day once the pain is no longer severe.



## 2. LIMIT ICE AND NSAIDS

Take advantage of your body's innate healing process. Ice and NSAIDs halt the inflammatory process, which is a crucial step in rebuilding damaged tissues. If properly modulated, the inflammatory process can be beneficial. Unless prescribed by your doctor or the pain is severe, non-NSAID pain relievers such as acetaminophen are preferred.

AFTER GETTING AN ORTHOPEDIC ACUPUNCTURE TREATMENT, THESE ARE THINGS YOU CAN DO AT HOME!



## 3. PROPER NUTRITION & HYDRATION

Ensure that you are staying hydrated and consuming quality protein, fat, and micronutrients. This will equip your body to rebuild and repair. Avoiding inflammatory foods such as sugar, wheat, and vegetable oils will help you avoid prolonged inflammation.



## 4. OPTIMIZE TISSUE HEALING

Our dry needling treatments and soft-tissue therapies can help to improve blood flow and encourage healing. At home, we advise that you gently massage the surrounding tissues daily and opt for heat application to manage the pain.