

ACUTE INJURY MANAGEMENT



An acute injury happens suddenly — like a sprain, strain, or impact during play. How you manage it in the first hours can influence healing, recovery speed & the future health of the area. Proper care sets the stage for the best outcome. We're here to help you recover safely & keep enjoying the game!

PAIN MANAGEMENT



- Ice 10–15 mins at a time for pain only.
 - Avoid ice if pain allows to stay moving for same-day or next-day play.

SWELLING CONTROL

Swelling is a natural part of healing — the goal is to manage, not eliminate, so the body can progress through recovery phases.

- Elevate the injured area
 - Add gentle movement of toes/ankle/knee or fingers/wrist/elbow if possible
- Compress with a sleeve or ace bandage
 - Wrap from below to above the injury
 - Combine elevation + compression for best results



DURING PLAY, COMPRESSION WRAPS OR TAPE MAY BE HELPFUL. CAN BE APPLIED ONSITE BY THE AT.

**YOUR GAME
DOESN'T STOP
HERE.**

BODY WELLNESS OFFERS EXPERT CARE AND GUIDANCE TO HELP YOU PERFORM BETTER AND PREVENT INJURY—AT THE SAME TIME



925-338-7255 | www.bod-wellness.weebly.com | @bod_wellness