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## **All Pain and No Gain - Managing Acute Injuries**

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### **What should I do if I injure myself while running?**

If the injury is acute, use the RICE (Rest, Ice, Compression, Elevation) principle to reduce the inflammation, pain and swelling. Also, avoid doing HARM (Heat, Alcohol, Running, Massage) for the first 48 hours, as these would increase inflammation, pain and swelling.

#### **DO**

R- rest

I- ice

C- compression

E- elevation

#### **DO NOT**

H- heat

A- alcohol

R- run

M- massage

### **When can I return to running?**

It depends on the nature and site of the injury. If the injury is minor, it should be okay to rest for one to two weeks, and gradually return to running as the pain and swelling subside. If the injury is more serious, it may take longer and also require professional attention from a sports physician or physiotherapist.

### **What can I do in the meantime?**

To maintain fitness levels, cross-train while your injured part heals. Cross training here refers to other activities which would provide similar stimuli but do not directly stress the injured part. For example, with an ankle sprain, rather than running, try cycling or swimming to ensure that you do not lose your cardiovascular fitness. It is also important to maintain the strength of the other body parts.