For the first few days after an injury, prevent further damage by avoiding HARM.

**H**
- Heat
  - Don’t have hot baths, showers or saunas and avoid using heat rubs or packs after an injury.

**A**
- Alcohol
  - Avoid alcohol as it can slow down your recovery and increase your chances of hurting yourself again.

**R**
- Running
  - Don’t run or do other types of moderate activity as this may cause further damage.

**M**
- Massage
  - Massaging the injured area can cause more swelling and bruising, so avoid this for the first day or two.