

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.