

LIFESTYLE CONSIDERATIONS

Cut the sugar

Skip the sweets for smoother recovery! Limit processed sugars, especially in the first two weeks post-injury, to reduce inflammation and help circulation.

Soothe with Epsom salt

Relax and rejuvenate with Epsom salt baths. These baths calm muscles and reduce swelling and pain. A spa day for bruises, sprains, and sore muscles.

Get strong

Prevent re-injury with strength training. Building muscle protects against future injuries, strengthens bones and relieves stress on joints.

Track your pain

Keep tabs on your discomfort with a pain diary. This simple tool helps you understand what triggers your pain, how to ease it, and provides valuable information for your healthcare provider. Ask your practitioner for a pain tracker if you don't have one.

Zen out

Find peace to ease the pain. Daily mindfulness or meditation can significantly reduce pain. Tune in to your body and mind for ultimate relaxation.

Preventive lifestyle

Stay ahead of the game with a healthy lifestyle. Eat well, move often, and stretch regularly. If recommended, add weight-bearing and resistance exercises to your routine. And don't forget those essential nutrients for strong bones and ligaments!



R.I.C.E.

For muscle, tendon, or ligament injuries, follow two steps:

Step 1 – R.I.C.E. (rest, ice, compression, elevation) for immediate relief.

Step 2 – M.S.A. (movement, strength, alternate activity) For complete healing and prevention of future issues. Start R.I.C.E. right away and transition to M.S.A. once pain and swelling decrease. Any increased pain may be a sign that you need to rest a while longer and ensure adequate nutrient support. Listen to your body and adjust as needed.



Rest

Rest the injured part until it's less painful. Do not put weight on the injured joint for at least 24–48 hours. Injured muscle, ligament or tendon tissue needs time and rest to heal.



Ice

Cold will reduce pain and swelling and promote healing. Apply cold packs immediately to prevent or minimise swelling. Continue for no more than 20 minutes at a time, 4–8 times daily.



Compress

Support the injury with an elastic bandage or compression sleeve to immobilise and compress the area for at least 2 days.



Elevate

Raise the injured area at or above heart level to decrease or minimise swelling.

This handout offers general information only and is not meant to diagnose health issues or replace medical advice from your healthcare practitioner.



SPRAINS & STRAINS

Sprains and strains are common soft tissue injuries from sports, trauma or physical activity.

- A sprain is a ligament injury from overextending or tearing, often in the ankle, knee, shoulder, or wrist.
- A strain is a muscle or tendon injury from overstretching, causing a 'pulled muscle,' frequently in the calf, thigh, groin, or shoulder.

Both cause pain and swelling, with rapid swelling indicating severity. Most minor cases can be treated at home, but severe sprains need professional care. Apply home treatment while waiting to see a health professional.

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SIGNS & SYMPTOMS

Consider medical attention if these symptoms appear abruptly after an injury.

- Pain in the joint or muscle
- Tenderness or soreness
- Swelling and/or bruising
- Warmth and redness
- Muscle or joint stiffness
- Trouble moving the injured part



Contact your healthcare professional to schedule an appointment for an individualised treatment plan designed to support your health and wellbeing.

NUTRITIONAL THERAPIES

Recovering from an injury often requires a multifaceted approach. Certain nutrients are known to help the body restore damaged tissue, reduce swelling, provide pain relief and promote a speedy recovery.

Palmitoylethanolamide (PEA)

Naturally produced in response to pain and inflammation, PEA has proven anti-inflammatory and pain-relieving effects. Food sources: soybeans, peanuts, alfalfa.

Recommended dosage for injury recovery: 400mg up to 3x/day.

Hydrolysed collagen

Rich in amino acids, this critical protein gives structure and support to connective tissues including skin, bones, ligaments, tendons and the cartilage that protects joints. Food sources: bone broth, skin-on chicken, sardines.

Recommended dosage for injury recovery: up to 10g daily.

Curcumin

Recognised for its anti-inflammatory properties, curcumin aids in pain relief and swelling reduction. Research confirms its ability to preserve and repair damaged tendons. Food sources: turmeric, mango, ginger, curry powders.

Recommended dosage for injury recovery: 250mg 3x/day (liposomal); 2g 3x/day (whole spice, non-liposomal).

Vitamin C

Beyond cold relief, this antioxidant accelerates healing by promoting the formation of new connective tissues, especially beneficial after tendon or ligament injuries. Food sources: citrus fruits, tomatoes, potatoes, capsicum, kiwifruit.

Recommended dosage for injury recovery: 2 g/day, in divided doses.

Essential minerals

Magnesium and zinc aid in tissue repair and collagen formulation. Food sources: seeds, nuts, fish, cruciferous vegetables, eggs, beans, cocoa.

Amino acids

Glycine and taurine are crucial for tendon repair and anti-inflammatory support. Food sources: beef, poultry, fish, eggs, dairy, soy, quinoa.

