

Progression speed

Your therapist will advise you on the speed you should progress with your exercises. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort, stop the exercises and consult your therapist.

- **PROTECT** – Protect the injured tissue from undue stress that may disrupt healing, and/or cause further injury. Make sure the mode of protection can accommodate swelling.
- **REST** – This reduces the energy requirements of the area, avoids unnecessary increase in blood flow, ensures protection of the area and optimises health.
- **ICE** – Helps constrict blood vessels thereby limiting bleeding and reducing accumulation of unnecessary scar tissue. Crushed ice wrapped in a damp towel (to prevent ice burn) is best. It should be applied immediately after injury for 20 minutes, then every 3-4 hours. It should be applied for a maximum of 5-10 minutes over bony areas.

- **COMPRESSION** – Use of comprehensive bandaging or Tubigrip.
- **ELEVATION** – Lowers the blood pressure at the area and helps limit bleeding.

When following **PRICE** is also important to avoid **HARM**, hence the saying 'Give **PRICE** and avoid **HARM**'

Avoid:

HARM

- **H** – Heat (e.g. Hot bath, sauna)
- **A** – Alcohol
- **R** – Running
- **M** – Massage

These are all counter-productive to PRICE treatment.



PATELLOFEMORAL PAIN SYNDROME

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