

R E M E M B E R R I C E

Rest

Rest for at least 6 hours immediately following injury. This time is vital. Most acute injuries need at least 48 hours rest before mobilising the joints involved. Don't try to work through the pain. Rest the body part for 48 hours.

Ice

Apply an ice pack to the injured area for 5-10 minutes every hour over the initial 48 hour period. The cold will reduce bleeding from torn blood vessels and reduce swelling and bruising early on. Don't leave the ice on too long and do not put ice directly onto the skin - wrap it in a cloth or use a cold pack.

Compression

Control any swelling with a firm bandage around the area, but not so tight as to be uncomfortable. Adjust as necessary.

Elevation

Elevating the injured body part to allow blood flow towards the heart reduces pressure from fluids in the area.

Continue with RICE for 48 hours. This early self - treatment will encourage swifter recovery and enable soft tissue and massage treatment to begin as early as possible.

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