

“Treatment for Most Sports Injuries”

R.I.C.E. – Rest, Ice, Compression, and Elevation.

- ❖ **Rest** – stop using the injured part and rest it as soon as you can.
- ❖ **Ice** – ice helps stop internal bleeding from the injured blood vessels and capillaries. The more blood that collects, the longer the healing time. Avoid placing ice directly on the skin. Before applying the ice, place one or two layers of an elasticized compression bandage on the skin (injured area) to be iced.
- ❖ **Compression** – compression decreases swelling by slowing bleeding and limiting the accumulation of blood and plasma near the injured site. The more blood and fluid that accumulates around an injury, the slower the healing. Use an elasticized bandage (Ace bandage) for compression, if possible. Wrap the injured part firmly, wrapping over the ice also. Begin wrapping below the injury site and extend above the injury site. Be careful not to compress the area so tightly that the blood supply is impaired.
- ❖ **Elevation** – elevating the injured area above the level of the heart is another way to decrease swelling and pain at the injury site. Elevate the iced, compressed area in whatever way is most convenient.
- ❖ Use ice 3 to 4 times a day for 20 minutes at a time. Fill a large Styrofoam cup with water and freeze. Tear a small amount of foam from the top so ice protrudes. Massage firmly over the injured area in a circle about the size of a softball. Place ice chips or cubes in a plastic bag. Wrap the bag in a moist towel, and place it over the injured site. Can wrap ice on injured area with elasticized bandage (Ace bandage).
- ❖ After the first 24 to 72 hours, apply heat instead of ice, if it feels better. Use hot soaks, hot showers, heating pads, or heat liniments.
- ❖ Take whirlpool treatments, if available.
- ❖ Wrap the injured area with an elasticized bandage between treatments.

Medication – For most discomfort, you may use: acetaminophen or ibuprofen.
Topical liniments or ointments. Your doctor may prescribe stronger pain relievers.

Rehabilitation – Use ice for 10 minutes before and 10 – 20 after exercise.