

# R.I.C.E.

How to quickly and effectively manage your acute injuries.

## How To Manage Your Injury

The best way to prevent more damage is by following the RICE and no HARM regime which should be commenced immediately where possible.

### Rest

- ✓ Immobilise the injured area.
- ✓ This may involve using a splint, a sling or even crutches.
- ▬ Reduces the amount of small vessel bleeding, tissue damage and allows quicker recovery.
- ✓ You will need to rest the injured body part until your Physio advises you otherwise.

### Ice

- ✓ Apply to injured area for 15-20 mins every 2 hours for the first 48-72 hours. You may need to continue this for longer depending on the advice from your Physio.
- ▬ Reduces blood flow, swelling, pain, muscle spasm and prevents any secondary damage to the area.

#### CAUTION:

- \* *Do not apply ice directly to skin (it may cause a skin burn) and be careful when using it on children as they have a lower tolerance.*
- \* *Be careful when using ice on people with circulatory problems and those who are sensitive to the cold.*

### Compression

- ✓ Apply a firm wide compression bandage including above and below the injured part.
- ✓ Leave on at all times for the first 48-72 hours.
- ✓ Remove for application of ice.
- ▬ Causes blood vessel constriction reducing bleeding and swelling.
- ✓ Your Physio will advise you when you can reduce the compression required.

### Elevation

- ✓ Where possible, it is important to elevate the injured limb above the level of the heart at all times.
- ✓ This can be achieved by propping your limb up on pillows when seated or lying, or using a sling for upper limb injuries.
- ▬ Reduces the swelling and small vessel bleeding in the area.

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# H.A.R.M.

What not to do when managing your injury

## After following R.I.C.E. - It's Important to do no HARM

By following R.I.C.E. and avoiding H.A.R.M. after an injury, you will significantly increase your chances of a complete recovery.

As with all injuries, it is important that you rehabilitate them properly to restore full function.

### Heat

- X** Avoid hot baths / showers, hot water bottles and liniment rubs in the first 48-72 hours.
- =** Heat increases blood flow to the region – increasing the swelling.

### Alcohol

- X** Alcohol has a similar effect on the body as heat.
- =** Increases swelling by dilating your blood vessels.

### Running

- X** Any form of exercise too soon is detrimental to the healing tissues.
- =** Blood clot / haematoma formation may be compromised – blood flow will increase to the region and healing times will be longer
- ✓** Your Physio will advise you on a suitable return to exercise program for your individual recovery.

### Massage

- X** Massage performed over the affected area will increase trauma and swelling in the area.
- ✓** Oedema massage performed by a qualified physiotherapist reduces the swelling and small vessel bleeding in the area.

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