

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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Langwarrin Sports Medicine Centre	83-85 Cranbourne Rd Langwarrin 3910	03 9789 1233
Mornington Central Physiotherapy	15 Railway Grove Mornington 3931	03 5973 5511
Rosebud Physiotherapy Clinic	42-44 Boneo Rd Rosebud 3939	03 5986 3655
Elsternwick Physiotherapy Centre	14 Rusden St Elsternwick 3185	03 9528 2881
Edithvale Physiotherapy Centre	285 Nepean Hwy Edithvale 3196	03 9772 3322

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

- ✗ 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

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

Running

- ✗ 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

- ✗ 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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