

FOR ACUTE INJURIES

The benefits of the RICE method

REST

Rest for the injured area is absolutely vital in this early stage. Immediate rest from any movement or load-bearing enables the fibres to begin to knit together quickly before more damage is done. It is far better to over react with too much rest in the early stage than to try to ignore the symptoms.

ICE

Ice should be applied as soon as possible, as this slows down blood circulation and so reduces the amount of bleeding and swelling in the tissues.

COMPRESSION

Compression should be applied to the area as immediately as possible to restrict bleeding at the injury site. Do not apply compression around the whole of the limb.

ELEVATION

Elevation of the injured area should be practiced as much as possible. A leg or arm should be comfortably supported so that it is higher than the torso. This allows gravity to assist the removal of swelling from the area and so aids recovery.

