

INJURY TREATMENT

R.I.C.E.

Rest, Ice, Compression, Elevation



Suggestions for the initial treatment of acute (rapid onset) injuries:

*** REST**

Stop playing and decrease or eliminate activities that aggravate the injury.

*** ICE**

Apply ice for approximately 15-20 minutes to help reduce swelling. This can be done 1x/hour (20 minutes on, 40 minutes off) as needed.

*** COMPRESSION**

Use an elastic wrap comfortably around the injured area. This helps control swelling and may provide a small amount of support.

*** ELEVATION**

Elevate, or raise, the injured part as much as you can and still be comfortable while resting, above the heart ideally. This will help keep the swelling down by reducing the amount of blood going to that area.