

Basic Care of Athletic Injuries

R

REST: From any aggravating activity that could make the injury worse.

I

ICE: The type of ice is not as important as making sure that the R.I.C.E. regime is followed.

C

COMPRESSION: Usually applied using a stretch elastic bandage (tensor type), wrapping toward the heart.

E

ELEVATION: During and after application of ice, the injured body part should be elevated above the level of the heart.

Suggested Regime for R.I.C.E.

- ✓ Do an initial assessment of the injured structure.
- ✓ Within 5-10 minutes following the injury, apply an icepack directly to the injured area.
- ✓ The ice pack should be wrapped firmly in place with a wide elastic wrap (be sure to check that circulation is not impaired).
- ✓ The injured body part should be elevated well above the level of the heart.
- ✓ Leave the ice pack in place for 20 minutes.
- ✓ After removing the ice pack, apply an elastic wrap for compression and elevate the body part whenever practical. The elastic wrap should be worn at all times except when sleeping.
- ✓ Ice should be applied on a schedule of 20 minutes on, 1 hour off during the first 48 hours.

For more information on establishing your own emergency protocol, contact:

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