

- **R.I.C.E.** is an acronym for the most important elements in the first aid of many injuries.
R = Rest, I = Ice, C = Compression, E = Elevation
- Begin R.I.C.E. as soon as an injury occurs or symptoms are felt.
- R.I.C.E. started within the first 15-20 minutes after an injury can make a significant difference in how fast an athlete returns to exercise.
- R.I.C.E. minimizes and controls swelling.

R **Rest:** Sports and exercise should stop immediately when an acute injury occurs or when overuse injuries are first felt. Continuing to exercise will only cause further injury and prolong healing.

I **Ice:** Cooling the injury minimizes inflammation, bleeding and pain. For maximum effect, ice needs to be applied within 15-20 minutes of an injury. Ice for 15-20 minutes every 1 ½ - 2 hours.

C **Compression:** Compression minimizes inflammation by slowing bleeding and limiting the accumulation of blood and fluid near the injured site. Periodically check color, temperature and sensation of injured area.

E **Elevation:** Elevating the injured area above the level of the heart is another method to decrease swelling.

**** During the first 24-48 hours post-injury do not apply heat to the injured area. Heat will cause increased swelling and slow healing.**

**** R.I.C.E. is a first aid treatment only. Depending on the severity of the injury, it may be necessary to see a physician or sports medicine professional.**

If pain, swelling or exercise limitations persist for greater than 72 hours seek treatment from the sports medicine experts at HealthReach. Initiating treatment soon after an injury can dramatically accelerate your recovery and return you to activity sooner. Call HealthReach at (262)780-0707 for a FREE consultation.