



R.I.C.E. treatment is an acronym for **rest, ice, compression, and elevation**. It is commonly used to speed up healing and reduce pain and swelling caused by mild-to-moderate injuries, such as sprains, strains, and bruises.

**R.I.C.E. = REST | ICE | COMPRESSION | ELEVATION**

## REST

Stop using the injured part as continued activity could cause further injury.

Use **crutches** for injuries of the leg, knee, ankle or foot. Use splints for the arm, elbow, wrist or hand.



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## ICE

**Sudden cold** contracts the injured capillaries and blood vessels and helps stop internal bleeding.

Keep a damp or dry cloth between skin and the ice pack.

In three days after the injury, apply ice every hour for no longer than 10-20 minutes at a time.



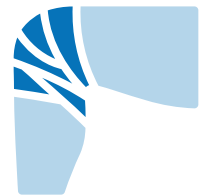
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## COMPRESSION

Applying compression may hasten healing time by reducing swelling around the injury.

Use an **elasticized bandage, compression sleeve, or cloth**.

Wrap injured part firmly (preferably with ice) but not too tight as it may impair blood flow and cause more swelling.



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## ELEVATION

Elevate the injured part **above heart level**. This will decrease swelling and pain.

You can use pillows, cushions or furniture for props.



### TIPS TO RECOVER FROM INJURY FASTER

Follow R.I.C.E. method for 2-3 days | Stretch daily | If pain persists after 3 days, see an athletic trainer or physical therapist