



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

R.I.C.E. - REST, ICE, COMPRESSION, AND ELEVATION

Following an injury, it is important to reduce the amount of pain, swelling and inflammation that may occur. This is managed by applying the principles of rest, ice, compression and elevation (R.I.C.E.).

REST

Stay off or rest the injured area. Too much activity too soon can delay the healing process. Use crutches, a brace, splints and slings to decrease stress to the injured area.

ICE

Should be used on an acute injury, one that occurred within the last 72 hours or immediately following an injury. Its benefits:

- Ice decreases pain by slowing nerve conduction.
- Ice decreases swelling by slowing circulation and constricting blood vessels.

COMPRESSION

Wrapping the injured site will help by limiting swelling, which reduces pain. Proper compression will also provide support to the injured area.

- Use an ace bandage
- Begin below the level of the injury and wrap in a circular motion toward the heart
- The wrap should feel snug while allowing unrestricted blood flow
- If tingling or numbness occurs the wrap is too tight! (take off and re-wrap with less pressure)
- Loosen wrap at bedtime

ELEVATION

Elevating the injury reduces bleeding in a new injury. By elevating the affected part above the level of the heart, bleeding is reduced, and excess blood is removed from the injured area.

During the first 72 hours after an injury, elevation should be used as much as possible. For optimum results in reducing pain and swelling associated with an acute injury, ice, compression, and elevation should be used simultaneously.



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

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There are many different types of cold treatments. Below are three popular types:

ICE PACK

Crushed ice placed in a plastic bag is placed on the injured area for 15 to 20 minutes 3-4 times a day.

ICE SLUSH

Injured part is placed in a bucket or cup of water and ice. The temperature should be 40-50° F. The treatment should last 10 minutes. Repeat 3-4 times a day.

ICE MASSAGE

Injured area is massaged with an ice cube. This is done by placing water in a paper cup and freezing it. After the ice cup is frozen tear the cup half way down and massage the injury for 7 to 10 minutes. Repeat 3-4 times a day.

Normal sensation when using ice:

Cold sensation	0-3 minutes
Burning,aching	2-7 minutes
Local numbness	5-12 minutes

HOME ICE PACK RECIPE

- 2 cups water plus 1 cup Isopropyl Rubbing Alcohol.
- Mix into 1 gallon ZIP-LOC-type bag.
- Push all air out, zip tight and double bag.
- Freeze and use; it is reusable.