



<b>R.I.C.E.</b>	How to quickly and effectively manage your acute injuries.			<b>How To Manage Your Injury</b> The best way to prevent more damage is by following the RICE and no HARM regime which should be commenced immediately where possible.	
<p><b>R</b> <b>Rest</b></p> <ul style="list-style-type: none"> <li>✦ Immobilise the injured area.</li> <li>✦ This may involve using a splint, a sling or even crutches.</li> <li>✦ Reduces the amount of small vessel bleeding, tissue damage and allows quicker recovery.</li> <li>✦ You will need to rest the injured body part until your PHYSIOWORKS Physio advises you otherwise.</li> </ul>	<p><b>I</b> <b>Ice</b></p> <ul style="list-style-type: none"> <li>✦ Apply to injured area for 15-20 mins every 2 hours for the first 48-72 hours. You may need to continue this for longer depending in the advice from your Physio.</li> <li>✦ Reduces blood flow, swelling, pain, muscle spasm and prevents any secondary damage to the area.</li> </ul> <p><b>CAUTION:</b></p> <ul style="list-style-type: none"> <li>✦ Do not apply ice directly to skin (it may cause a skin burn) and be careful when using it on children as they have a lower tolerance.</li> <li>✦ Careful when using ice on people with circulatory problems and those who are sensitive to the cold.</li> </ul>	<p><b>C</b> <b>Compression</b></p> <ul style="list-style-type: none"> <li>✦ Apply a firm wide compression bandage including above and below the injured part.</li> <li>✦ Leave on at all times for the first 48-72 hours.</li> <li>✦ Remove for application of ice.</li> <li>✦ Causes blood vessel constriction reducing bleeding and swelling.</li> <li>✦ Your PHYSIOWORKS Physio will advise you when you can reduce the compression required.</li> </ul>	<p><b>E</b> <b>Elevation</b></p> <ul style="list-style-type: none"> <li>✦ Reduces the swelling and small vessel bleeding in the area.</li> <li>✦ Where possible, it is important to elevate the injured limb above the level of the heart at all times.</li> <li>✦ This can be achieved by propping your limb up on pillows when seated or lying, or using a sling for upper limb injuries.</li> </ul>		

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## H.A.R.M. After following R.I.C.E. - It's Important to do no HARM

<b>H</b> Heat	<b>A</b> Alcohol	<b>R</b> Running	<b>M</b> Massage
<ul style="list-style-type: none"><li>✚ Avoid hot baths / showers, hot water bottles and liniment rubs in the first 48-72 hours.</li><li>✚ Heat increases blood flow to the region – increasing the swelling.</li></ul>	<ul style="list-style-type: none"><li>✚ Alcohol has a similar effect on the body as heat.</li><li>✚ Increases swelling by dilating your blood vessels.</li></ul>	<ul style="list-style-type: none"><li>✚ Any form of exercise too soon is detrimental to the healing tissues.</li><li>✚ Blood clot / haematoma formation may be compromised – blood flow will increase to the region and healing times will be longer.</li><li>✚ Your PHYSIOWORKS Physio will advise you on a suitable return to exercise program for your individual recovery.</li></ul>	<ul style="list-style-type: none"><li>✚ Massage performed over the affected area will increase trauma and swelling in the area.</li><li>✚ Oedema massage performed by a qualified physiotherapist reduces the swelling and small vessel bleeding in the area.</li></ul>
<p><b>WHAT NOT TO DO WHEN MANAGING YOUR INJURY</b></p> <p>By following R.I.C.E. and avoiding H.A.R.M. after an injury, you will significantly increase your chances of a complete recovery.</p>	<p>As with all injuries, it is important that you rehabilitate them properly to restore full function.</p>		

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