

# R I C E R

<b>R</b>	<b>REST.</b> Take the first 48 – 72 hours to rest your injured area, as moving the injured body part will increase bleeding and swelling to the effected area.
<b>I</b>	<b>ICE.</b> Apply ice to the injured body part for 15 minutes every 2 hours for the first 48 –72 hours post the time of injury. This will aid in reducing swelling, pain and bleeding. <b>Caution:</b> don't put ice directly on to the skin; wrap the ice in a wet tea towel prior to applying. e.g *bag of frozen peas *crushed ice cubes *frozen plastic water bottle *cold pack
<b>C</b>	<b>COMPRESSION.</b> Use a wide elastic bandage to wrap the injured body part. This will aid in reducing swelling, pain, bleeding and provide support to the injured area. <b>Caution:</b> Ensure the bandage is not too tight. The bandage is too tight and needs to be removed and refitted if you experience numbness, tingling or the skin becomes pale or blue.
<b>E</b>	<b>ELEVATION.</b> Over the first 48 – 72 hours keep the injured part raised above the level of the heart at all times. This will aid in reducing swelling, pain and bleeding. A pillow can be useful to prop and support the injured area.
<b>R</b>	<b>REFERRAL.</b> It is important to see a qualified health professional as soon as possible after injury. A physiotherapist can assist in rehabilitation and prevention of re-injury.

# no HARM

<b>H</b>	<b>HEAT.</b> Applying heat to the injured area will increase blood flow. Therefore heat will increase bleeding, swelling and pain. For the first 48 – 72 hours avoid hot showers or baths, saunas, spas, hot water bottle, heat pack or hot liniment / ointments
<b>A</b>	<b>ALCOHOL.</b> Consuming alcohol increases blood flow, which will increase bleeding, and swelling. Alcohol can mask pain and severity of the injury so it is important to avoid alcohol for the first 48 –72 hours.
<b>R</b>	<b>RUNNING.</b> Exercise will increase blood flow to the injured area resulting increased bleeding and swelling. Exercising too early puts you at risk of worsening the injury or delaying the healing process.
<b>M</b>	<b>MASSAGE.</b> Massage or the use of heated creams will increase the blood flow, bleeding and swelling to the area. This will increase pain and delay healing. Avoid massage this for the first 48 – 72 hours.

- **Correct management of a soft tissue injury over the first 48 – 72 hours is vital in ensuring a successful recovery.**
- **Soft tissue injuries include all ligament sprains, muscle strains, and bruising.**
- **Initiate RICER immediately and continue for the first 48 – 72 hours.**
- **No HARM for the first 48 –72 hours**