

General Tx of Injuries

“R.I.C.E.S.” it.

Rest - this could be as short as a few minutes to several weeks depending on the severity of the injury.

Ice - this is the cheapest, easiest, and most accessible modality available. 15 minutes is all that is needed. Ice can be placed directly on the skin typically w/o any worries (diabetes, circulatory problems, cold allergies, Raynaud's phenomenon). **DO NOT USE REFREEZABLE ICE PACKS!!**

Compression - This will help reduce the amount of swelling, which will in turn speed up the healing process. It can also provide a small amount of support.

Elevation - By raising the effected body part above the heart, the rate at which the body part swells or bleeds will be greatly diminished.

Splint/Support - Applying a brace will allow the athlete to return to activity with a greater amount of confidence and support to the involved joint.