

### WHAT IS THIS AND WHY HAS IT OCCURRED?

Most acute sports injuries affecting muscles, joints, ligaments and tendons will respond well to RICE. Implementation of this will enable the person in most cases to return to sport or daily life quicker. However, medical assessment by a doctor or a physiotherapist is always recommended in initial stages

- Rest:** Rest the injured area and decrease weight bearing on this.
- Ice:** Apply ice to area for around 10 - 15 minutes initially, depending on injury size. Do this every 4 awake hours for the first 24 hours. Do not apply directly to the skin.
- Compression:** Compress the area using stretchable bandage to prevent the accumulation of fluid – this is very important
- Elevation** Elevate the body part so that gravity can assist in reducing the swelling



### WHAT DAMAGE HAS HAPPENED ?

RICE components are normally encouraged for 4- 5 days after injury to control the swelling and inflammation which limits your ability to move and load the affected part. RICE assists in decreasing the pain and assists the healing process. In the first 24 hours ice should be applied 4 hourly, however, after 24 hours once to twice a day is often adequate. Compression with a bandage or support and decreasing weight bearing are very effective.

### HOW CAN PHYSIOONE ASSIST?

PhysioOne can assess the injury and assist you by diagnosing the injury and ensuring you to understand how best to treat the injury.

Following a thorough assessment and a diagnosis, a treatment plan will be put into place for you to get back to doing all the things you wish to do as quickly as possible.