



Coaches, Athletic Directors and Tournament Directors:

R.I.C.E. treatment is an acronym for **rest, ice, compression, and elevation**. It is commonly used to speed up healing and reduce pain and swelling caused by mild-to-moderate injuries, such as sprains, strains, and bruises.

R.I.C.E. = REST | ICE | COMPRESSION | ELEVATION

REST

Stop using the injured part as continued activity could cause further injury.

Use **crutches** for injuries of the leg, knee, ankle or foot. Use splints for the arm, elbow, wrist or hand.



ICE

Sudden cold contracts the injured capillaries and blood vessels and helps stop internal bleeding.

Keep a damp or dry cloth between skin and the ice pack.

In three days after the injury, apply ice every hour for no longer than 10-20 minutes at a time.



COMPRESSION

Applying compression may hasten healing time by reducing swelling around the injury.

Use an **elasticized bandage, compression sleeve, or cloth**.

Wrap injured part firmly (preferably with ice) but not too tight as it may impair blood flow and cause more swelling.



ELEVATION

Elevate the injured part **above heart level**. This will decrease swelling and pain.

You can use pillows, cushions or furniture for props.



TIPS TO RECOVER FROM INJURY FASTER

Follow R.I.C.E. method for 2-3 days | Stretch daily | If pain persists after 3 days, see an athletic trainer or physical therapist