



How to Treat Minor Sports Injuries “RICE”

REST

Do not use or move the injured area for at least 2-3 days. Using the injured part too early can cause further damage.

ICE

Apply ice for no longer than 20 min., 2-3 times a day. Do not apply ice directly to skin (place towel over affected area). Use ice for at least 72 hrs following the injury.

COMPRESSION

Apply elastic wrap around the injured area to help reduce swelling, being careful not to constrict circulation. Remove compression at night and elevate.

ELEVATION

Elevate the injured area above the level of the heart, especially at night.

For more information go to www.carilionclinic.org or call 1-800-422-8482