



SOFT TISSUE INJURIES

The best treatment for a soft tissue injury is RICER.

Rest, applying ice, compression and elevation of the injured area ALL help to reduce bleeding, swelling and pain.

RICER should be started immediately after injury and continued for 48-72 hours.

REST

Sit or lie in a comfortable position with the injured area supported

ICE

Apply a covered ice pack to the injured area for 20 minutes, every 2 hours for the first 48-72 hours after injury.

Always cover the ice pack with a wet towel or plastic bag to prevent skin damage.

COMPRESSION

Apply a firm wide crepe bandage or tubi grip above, over and below the injured area.

ELEVATION

Raise the injured area above the level of the heart. A pillow is ideal to provide comfort and support.

REFERRAL

Medical review as soon as possible after injury aids in early recovery. Accurate diagnosis of the degree of the injury, initiation of appropriate treatment and a planned rehabilitation program is needed.

For more information see

<http://www.smartplay.com.au/Content/Pub/ContentDetail.asp?lngContentID=110>

<http://leukosports.com.au/Injury/Ricer.aspx>