

Rice Principle

Rest. Ice. Compression. Elevation.

In many cases, our Athletic Trainers can treat minor injuries at school or in our sports medicine clinic. When doing so, **RICE** is the most commonly used tool.

Rest: Rest is most important within the first 24-48 hours after the initial injury. Depending on the severity of the injury, the amount of rest required will differ.

Ice: Ice is the most commonly used treatment. It serves many purposes, including numbing the area, reducing pain and decreasing swelling. Ice is applied to the injured area for about 20 minutes, reapplying every 2 hours.

Compression: Wrapping the injured area will reduce swelling. Use a compression bandage, lightly wrapping the area furthest away from the body and tightening while moving inward.

Elevation: Raise the injured body part above the heart. This will decrease swelling. This is most effective when used with ice and compression.