

R.I.C.E.D First Aid for bruising, sprains and strains

Rest

- > Rest reduces further damage - stop activity as soon as the injury occurs.
- > Avoid as much movement of the injured part as possible to limit further injury.
- > Don't put any weight on the injured part of the body.

Ice

- > Ice cools the tissue and reduces pain, swelling and bleeding.
- > Place ice wrapped in a damp towel onto the injured area - don't put ice directly onto bare skin.
- > Hold the ice pack firmly in place with a bandage.
- > Keep ice on the injury for 20 minutes every two hours for the first 48 hours.

Compression

- > Firm bandaging helps to reduce bleeding and swelling.
- > Ensure that bandaging is not so tight that it cuts off circulation or causes tingling or pain past the bandage.
- > Bandage the injury between ice treatments.

Elevation

- > Elevation helps to stop bleeding and reduce swelling.
- > Raise the injured area on a pillow for comfort and support.
- > Keep the injured area raised as much as possible.

Diagnosis

- > Consult a medical professional (such as a doctor or physiotherapist) especially if you are worried about the injury, or if the pain or swelling gets worse.
- > If the pain or swelling has not gone down significantly within 48 hours, also seek treatment.
- > An accurate diagnosis is essential for proper rehabilitation of moderate to severe injuries.