



Burrard Physiotherapy

You're In The Right Hands

R.I.C.E.

RICE:
rest, ice,
compression
and elevation



FOR APPOINTMENTS CONTACT

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WALK-IN'S WELCOME

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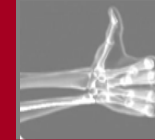
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R.I.C.E

IF YOU HAVE AN INJURY:

*Seek immediate assessment and treatment.
For sprains, strains and bruises, start the
R.I.C.E. program:*

- R** Rest (injured tissues must have a period of rest to heal)
- I** Ice (15 mins frequently is better than one long application)
- C** Compression (moderately firm bandage to control swelling)
- E** Elevation (elevate the injured part above the heart, to help drainage)

Don't presume an ice pack and strapping will do the trick ---, Rest, compression and elevation are just as important.

AVOID any of the H.A.R.M. factors:

- H** Heat may increase bleeding, especially in the first 48 hours
- A** Alcohol increases swelling
- R** Running or exercising too soon makes an injury worse
- M** Massage in the first 24 hours increases swelling and bleeding.

DON'T CONTINUE IF THE AREA IS WARM OR SWOLLEN!!

If this is the case, seek help.

Early intervention is your best defense against chronic injury.

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