



Injury Treatment

Rest – from an aggravating activity that could make the injury worse.

Ice – helps in to prevent and reduce swelling. Place a plastic bag filled with crushed ice over the injured body part, with a towel between the two. Ice for 20 minutes; 6-8 times a day. Allow 40 minutes without ice before reapplying. **Never sleep with ice on the injured part as it may increase swelling.** The injured part should stay a good colour and turn bluish. If there are any problems, consult a physician. NOTE: people with known circulation problems must avoid ice.

Compression – elastic wraps provide pressure and support to the injured part. Start on the far end of the injury and wrap towards the heart. Do not wrap any part of the body so tightly that it causes numbness or colour changes. Re-wrap or discontinue if the wrap causes greater discomfort. Unless told to do so by a health professional, do not keep the injured limb wrapped while sleeping.

Elevation – insures proper blood flow in the injured part and helps decrease swelling. Lie on your back as much as possible, with the injured part elevated above heart level if possible. Even at night, elevate at least 6-8 inches.

Suggested Regime of RICE

- Do an initial assessment of the injured structure.
- Within 5-10 minutes following injury, apply an ice pack directly to the injured area.
- The ice pack should be wrapped firmly in place with a wide elastic wrap (be sure to check that the circulation isn't impaired).
- The injured body part should be elevated well above the level of the heart.
- Leave the ice pack in place for 20 minutes.
- After removing the pack, apply an elastic wrap for compression and continue to elevate the body part.
- Use compression at all times, except when sleeping.
- Elevation should continue as often as is practical during this time.

When to call a doctor:

A player should seek a sports medicine trained physician if:

- A player hears/feels a pop, snap, or tearing sensation, or if there is an type of deformity, intense pain or swelling.
- The conditions worsens within 24 hours
- The player has restricted range of motion, can't bear weight, or strength remains compromised.
- Pain and swelling are persistent and have not improved within a few days, despite rest, ice, compression, and elevation.
- The player experiences loss of consciousness, amnesia, persistent headache, vomiting, failure to arouse from sleep, alteration in speech/thinking, fluid draining from ears/nose/mouth, ringing in ears.