



TIP OF THE MONTH

REST, ICE, COMPRESSION, ELEVATION

IMMEDIATE TREATMENT OF ACUTE (RAPID ONSET) INJURIES:

REST	Stop playing and decrease or eliminate activities that aggravate the injury. This allows healing to take place.
ICE	Apply ice for approximately 15-20 minutes to help reduce swelling. This can be done 1x/hour (20 minutes on, 40 minutes off) as needed. Ice decreases blood flow by contracting blood vessels to limit bleeding to the injury site. This helps reduce swelling and recovery time.
COMPRESSION	Use an elastic wrap comfortably around the injured area. This helps control swelling and may provide a small amount of support. Added swelling can prolong healing and recovery time.
ELEVATION	Elevate, or raise, the injured part as much as you can and still be comfortable while resting, above the heart ideally. This will help limit the swelling by reducing the amount of blood going to that area through gravity.