

R.I.C.E.

TREATMENT OF ACUTE SOFT TISSUE LESIONS

REST, ICE, COMFORT, COMPRESSION, EASE & ELEVATE.

REST.

Put the injured limb in a sling or use crutches, especially for fractures sprains, sprains and dislocations, Do not continue to play or be active. Do not actively move the injured part.

ICE.

The primary effects of ice are to modify the nerve conduction, and its treatment use affects the blood flow and alters the metabolic rate. Use ice packs, frozen peas, gel packs, chemical bandage, cold spray or ice cubes over the affected area. The skin is anaesthetised within 5 -7 minutes, the whole of the body is affected and vasoconstriction (blood vessels narrow) occurs. This is a reflex action. Sensory nerves are anaesthetised in approximately 10 minutes - vasodilation (blood vessels widen) occurs after this time. Deeper vessels are anaesthetised in approximately 15 minutes - vasodilation and vasoconstriction occurs after this time.

COMFORT AND COMPRESSION.

Uncontrolled swelling distends tissues and slows healing. Use a tube-grip, bandages or something similar to compress the injured area, do not wrap it so tightly as to stop the circulation.

EASE AND ELEVATE.

Gravity is your friend, the help of gravity aids venous blood and lymphatic fluid drainage, and makes the casualty more comfortable

HOW TO USE.

1. Apply directly to the area for approximately 5-10 minutes over a compression bandage or similar.
2. Interrupt for 10 - 15 minutes and repeat the procedure.
3. 2 - 4 hours of this regime is usually enough to cause the swelling to reduce.

Contraindications

- Never put ice directly onto the skin.
- Never put ice directly onto open wounds.
- If there is any loss of sensation in the part to be treated.
- In any one with circulatory problems.
- Remove the ice immediately if the skin reddens or darkens to avoid 'burning' the skin.