

## R.I.C.E. : Rest, Ice, Compression, Elevation:

R.I.C.E. is a treatment regimen used to treat many musculoskeletal injuries and conditions such as sprains and strains. Like all medical advice, one should consult with their physician if they have any problems or questions.

### **R = Rest:**

1. Means to limit the entire body or at least a specific area from activity depending on the severity and location involved.
2. Allows the body time to adjust to the incurred trauma.

### **I = Ice:**

Various Methods to use--

#### 1. Ice Packs or Bags

For acute or new (i.e. - last 24 to 48 hours). Maximum of 20 - 30 mins. on with 1 hour between icings.

#### 2. Ice Cup or Cube Massage

For post-acute (i.e. - last 36+ hours). A maximum of 6 - 8 minutes with 1 hour between icings.

#### 3. Cryocuff or other mechanical icing method.

A maximum of 20 minutes with 1 hour between icings.

#### 4. Ice Water (bucket or whirlpool) Immersion

Not recommended for immediate use right after an acute or new injury (Doesn't allow for elevation!)  
A maximum of 20 minutes with 1 hour between icings.

Note: There must be 1 hour between icings to allow for proper tissue temperature recovery.

Note: Please DO NOT apply heat of any kind unless told to do so by the Athletic Trainer. Application of heat too early could result in increased swelling and inflammation.

### **C = Compression:**

#### 1. Elastic (ACE) Wraps

DO NOT wear for more than 3 - 4 hours at a time without loosening.  
Put on snug but NOT too tight.

#### 2. Compression Pads

Like foam or felt horseshoe or donut shaped pads.  
These can be worn in conjunction with elastic (ACE) wraps.

#### 3. Aircast Ankle Stirrup (Ankle Brace)

**E = Elevation:**

1. MUST be elevated above the heart.
2. At bedtime, for legs or ankles, DO NOT elevate on pillows, instead elevate end of mattress and place pillows or blanket under the mattress.
3. Elevate the mattress for the next 1 - 3 weeks for best results.