

# R.I.C.E. METHOD



## REST

It's important to rest and avoid further injury by returning to play too soon. Don't forget to do range of motion exercises to decrease stiffness. Full bed rest can cause an increase in pain with movement.



## ICE

Ice is not always required, but can be helpful when pain/swelling are severe. Use a cold pack or ice wrapped in a wet cloth. Put it on the sore muscles for 20 minutes at a time. Repeat 4 times on the first day, then as needed.



## COMPRESSION

Your provider will give any specific support, brace, or splint, or advice regarding wrapping and taping, if needed.



## ELEVATION

Whenever possible, keep the area of swelling above the level of your heart, so gravity can help decrease the swelling until it resolves.