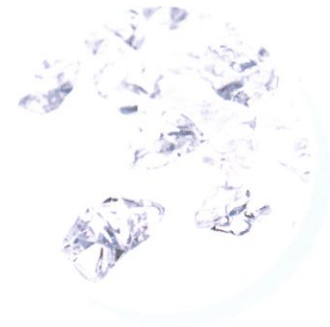


P.R.I.C.E. Guidelines

You should try to follow the guidelines below for the first 48-72 hours after suffering a mild sprain, strain or soft tissue injury. The goal of PRICE guidelines is to minimise pain and swelling and accelerate the healing process of an acute injury. PRICE stands for:

- Protection
- Rest
- Ice
- Compression
- Elevation.



Protection - Protect the injured area and minimise the risk of further injury to the tissue. The need for protection will vary depending on the injury, but **may** include use of a brace, splint or tape.

Rest - This may involve avoiding aggravating activities or the temporary use of crutches **if** weight-bearing is difficult. Try to gradually start weight-bearing as soon as possible as pain allows.

Ice - Ice will help to minimise swelling and pain. Ice should be applied for 10-15 minutes at a time, with a light barrier placed between the ice pack and your skin (such as a paper towel, or damp cloth). This barrier is important to prevent an ice burn. The application of ice can be repeated as often as every two hours that you are awake.

Compression - Compression can be applied to the affected area using an elastic or tubular bandage; it is important that the bandage feels snug, and is not too tight. Compression will not be needed for a prolonged period of time.

Elevation - Elevate the injured body part above the level of your heart as much as possible during the first 24 to 48 hours, especially when sitting or lying down. Make sure the body part is supported; for example, with pillows or slings. During elevation the body part should be comfortable.