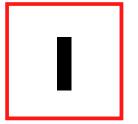


## SOFT TISSUE INJURIES

## R.I.C.E.R

R

**Rest**: Rest and protect the injured area for the first 24-48 hours. Gentle movement that does not increase pain is fine.



**Ice**: Apply ice to the injured area, ensuring there is a layer of fabric between the ice and skin, for 20 mins every 2 hours.



**Compression**: Use Tubigrip (in the correct size), cohesive bandage, compression bandages or compression tights or sleeves.



**Elevation**: Raise the injured area above the level of your heart. Ensure the entire length of the limb is supported.



**Referral**: Seek a timely assessment and diagnosis from an appropriate healthcare provider.



