

# SOFT TISSUE INJURIES

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## 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.

**I**

**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.

**C**

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

**E**

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

**R**

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

