

# INJURY CARE –ICEING

## R.I.C.E – WHAT DOES IT STAND FOR?

<b>R</b>	Rest the area that is injured. Avoid painful activities.
<b>I</b>	Ice your injury. Apply 20 minutes on (45 Minutes-Hour off); REPEAT OFTEN.
<b>C</b>	Compression with an ace-wrap or of a similar material.
<b>E</b>	Elevate the injured area above the heart.

## WHAT GOOD IS ICE:

- ▶ Helps Prevent too much Inflammation from new Injuries
- ▶ Great for Pain Relief
- ▶ Decreases Muscle Spasms/Cramping

## INJURY CARE WITH ICING:

For all musculoskeletal injuries, such as sprains and strains, immediate, appropriate treatment (R.I.C.E.) during the first 72 hours following injury is vital for an optimal outcome.

The R.I.C.E. regime helps minimize the inflammation, pain and swelling associated with injury and has been shown to significantly hasten healing and injury recovery.

## **ICE MASSAGE**

Ice massage is one of the best forms of treatment for shin pain. Fill several paper cups with water and freeze them at home. When frozen, peel off the top of the cup. Rub the ice up and down on your shin for 7-10 minutes, 4-5 times a day. Ice massage cups are available in the Training Room in the large white freezer.

## **ICE BATH**

Fill a container up that will fit the body part you are going to ice. Desired temperature of the ice bath should be around 57 degrees F. But giving a good estimate should work just fine. Fill several scoops of ice in water. Water should not stay full of ice – but should have ice cups floating in it. Submerge body part into water. Keep submerged for about 10-12 minutes.

## CONTRAINDICATIONS (THINGS TO LOOK OUT FOR)

- ▶ Rash on the Skin after Icing – Blotchy White Spots
- ▶ White/Greyish Color – signs of Frost Bite
- ▶ Chemical Ice verses Real Ice:
  - Real Ice can be placed directly on the skin
  - Chemical Ice needs to have some barrier such as a thin towel or paper towel between the ice pack and the skin. Chemical ice produces a temperature less than freezing and can increase cold/ice injuries.

