



When you've sustained an ankle or knee injury you will hear "you need to R.I.C.E."

R = Rest

This means to stay off of that limb as much as possible. If you do not need to be up and walking around then do not. A Doctor or Athletic Trainer could even go as far as to put you on crutches to help you "rest" the injured area. Resting helps the body heal and significantly decreases the injury constantly being re-irritated which can prolong the injury.

I = Ice

Ice is always the best option for a new injury. Heat is NOT your friend with new injuries it can actually increase swelling. Usually people here to 20 minutes on 20 minutes off. This can actually be icing too much. Icing 15-20 minutes 3 times a day or if you want to ice more frequently you ice 15-20 minutes every other hour. The injured area needs time to get back to normal body temperature before getting iced again.

C = Compression

In the picture above the ice bag is being held on and "compressed" by what is called Exoclear. It's a clear plastic that you see Athletic Trainers use a lot. For at home "compression" a Doctor or Athletic Trainer will give you an ACE Wrap. To know how to apply this see the "How to Wrap and ACE Wrap" Video in the resources section of the website.

E = Elevation

When elevating the leg the injured body part (knee, shin, or ankle) should be at least 45 degrees off the surface you are laying on. To know if you are 45 degrees or not when laying flat the injured part should be above the level of your heart. Elevation is important for helping to reduce swelling by using the assistance of gravity.