

## **Correct Self Management of Injuries: RICE and HARM**

by *Physioworks*. April 23, 2015.

As you get into the exciting EDFL season, niggles, strains and muscle injuries may become common place for many players over the course of a long season.

Managing these types of injuries to ensure player availability can impact the success of your club.

The correct self-management of injury post game (and post training) will ensure you give yourself the best chance of overcoming injury and playing each weekend.

Please find attached information to assist you with the correct way to manage injury – ‘RICE’ – and also a warning on the incorrect way to manage your injury – ‘HARM’.

**PHYSIOWORKS<sup>®</sup>**  
Health Group

**R.I.C.E.** How to quickly and effectively manage your acute injuries.

Rest	Ice	Compression	Elevation
<ul style="list-style-type: none"><li>✓ Immobilise the injured area.</li><li>✓ This may involve using a splint, a sling or even crutches.</li><li>■ Reduces the amount of small vessel bleeding, tissue damage and allows quicker recovery.</li><li>✓ You will need to rest the injured body part until your PHYSIOWORKS Physio advises you otherwise.</li></ul>	<ul style="list-style-type: none"><li>✓ Apply to injured area for 15-20 mins every 2 hours for the first 48-72 hours. You may need to continue this for longer depending on the advice from your Physio.</li><li>■ Reduces blood flow, swelling, pain, muscle spasm and prevents any secondary damage to the area.</li><li>⚠ <b>CAUTION:</b><ul style="list-style-type: none"><li>Do not apply ice directly to skin (it may cause a skin burn) and be careful when using it on children as they have a lower tolerance.</li><li>Be careful when using ice on people with circulatory problems and those who are sensitive to the cold.</li></ul></li></ul>	<ul style="list-style-type: none"><li>✓ Apply a firm wide compression bandage including above and below the injured part.</li><li>✓ Leave on at all times for the first 48-72 hours.</li><li>✓ Remove for application of ice.</li><li>■ Causes blood vessel constriction reducing bleeding and swelling.</li><li>✓ Your PHYSIOWORKS Physio will advise you when you can reduce the compression required.</li></ul>	<ul style="list-style-type: none"><li>✓ Where possible, it is important to elevate the injured limb above the level of the heart at all times.</li><li>✓ This can be achieved by propping your limb up on pillows when seated or lying, or using a sling for upper limb injuries.</li><li>■ Reduces the swelling and small vessel bleeding in the area.</li></ul>

[www.physioworkshealthgroup.com.au](http://www.physioworkshealthgroup.com.au)

<b>Camberwell</b> 518 Camberwell Road Camberwell 3124 PH: (03) 9889 6611	<b>Cranbourne</b> 1 Cranbourne Place Cranbourne 3977 PH: (03) 5995 1111	<b>Mulgrave</b> 439 Police Road Mulgrave 3170 PH: (03) 9795 0668	<b>Pakenham</b> 21 Main Street Pakenham 3810 PH: (03) 5941 5499	<i>"Everyone is an athlete... we just have different events"</i>
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**Want to give yourself the best chance of playing each week?** Educate yourself about correct injury management by reading and [downloading our ‘RICE and ‘HARM’ information sheet](#)

And of course consult your club doctor/physio or one of [Physioworks Health Group](#) clinics to ensure best treatment and management of your injuries.

### **About Physioworks Health Group:**

*Physioworks Health Group is the Allied Health Care Partner of the EDFL, providing physiotherapy, injury management and a range of specialist health services at clinics in Cranbourne, Pakenham and Camberwell. Physioworks Director David Francis is the Senior Physiotherapist to the Collingwood Football Club. [www.physioworkshealthgroup.com.au](http://www.physioworkshealthgroup.com.au)*



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