## **EDFL Allied Health Care and Sports Medicine.**

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

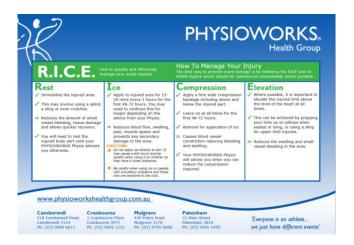
by Physioworks. April 23, 2015.

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'.



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. <a href="https://www.physioworkshealthgroup.com.au">www.physioworkshealthgroup.com.au</a>





