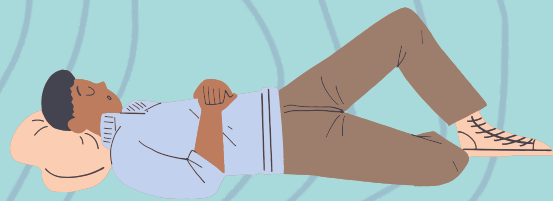


R.I.C.E.R Protocol

1

R - REST:

Rest affected limb immediately after injury. This prevents further injury and will reduce bleeding and swelling.



2

I - ICE

Apply for 15-20 minutes every hour over affected area. This reduces pain and swelling. Place thin towel/cloth between ice and skin to prevent ice burns.

C - COMPRESSION

Apply compression bandage around, above, and below the affected area to reduce swelling. Ensure bloodflow is maintained, and remove when sleeping.

3



4

E - ELEVATION

Keep injured area elevated. Keep legs above hips by placing leg on pillow, chair or stool. Use a sling for upper limb injuries.

R - REFERRAL

Inform the coaching staff immediately and check in with your physiotherapist Monday morning.

5



Need to book an appointment?

Scan QR code and fill out online form for a *discounted fee of \$85 per session (\$120 value).*