



R.I.C.E.

R.I.C.E. stands for Rest, Ice, Compression, and Elevation. Doing these things helps limit pain and swelling after an injury. R.I.C.E. also helps injuries heal faster. Use R.I.C.E. for sprains, strains, and severe bruises or bumps. Follow the tips on this handout and begin R.I.C.E. as soon as possible after an injury.



Rest

Pain is your body's way of telling you to rest an injured area. Whether you have hurt an elbow, hand, foot, or knee, limiting its use will prevent further injury and help you heal.

Ice

Applying ice right after an injury helps prevent swelling and reduce pain. Don't place ice directly on your skin.

- Wrap a cold pack or bag of ice in a thin cloth. Place it over the injured area.
- Ice the area for 10-15 minutes on and off for as long as you need to.
Do not ice the same area for longer than 20 minutes.

Compression

Putting pressure (compression) on an injury helps prevent swelling and provides support.

- Wrap the injured area firmly with an elastic bandage. If your hand or foot tingles, becomes discolored, or feels cold to the touch, the bandage may be too tight. Rewrap it more loosely.
- If your bandage becomes too loose, rewrap it.
- Do not wear an elastic bandage overnight.

Elevation

Keeping an injury raised helps reduce swelling, pain, and throbbing. It also speeds healing. Elevate the injured area whenever possible.



Call your health care provider if you notice any of the following:

- Fingers or toes feel numb, are cold to the touch, or change color
- Skin looks shiny or tight
- Pain, swelling, or bruising worsens and is not improved with elevation

Notes