



IGNITE MANAGEMENT WITH 'RICE'

"RICE" is short for rest, ice, compression, and elevation. RICE started immediately after a minor injury can help to relieve the pain and keep the area from swelling. With an injury, fluid can collect in the injured area, the extra fluid causes swelling and, if there is enough extra fluid, the pain may worsen. RICE can be used for minor injuries such as bruises, sprains, strains, and pulled muscles. The earlier the RICE treatment is started after an injury, the better it works.

Ice applied to the injured area will help to prevent or reduce swelling. Swelling causes more pain and can slow down healing. Apply a cloth-covered ice pack to the injured area for no more than 15- 20 minutes at a time, 4 to 8 times a day. A packet of frozen corn or peas makes a good ice pack. If you make an ice pack yourself, make sure that all the air is out of the bag before you close it.

Compression (use of a pressure bandage) also helps to prevent or reduce swelling. Wrap the injured area with an elastic bandage, but not so tightly that the blood is cut off. It should not hurt or throb. Fingers or toes beyond the bandage should remain pink and not become "tingly." The elastic bandage should be taken off every 4 hours and reapplied.

Elevation means raising the injured area above the level of the heart. The affected part should be elevated so it is 12 inches above the heart, to help reduce swelling. Prop up a leg or arm while resting it. It may be necessary to lie down to get the leg above the heart level.

If your injury still persists after 1-2 days, please refer to your doctor or sports medical specialist.

For more information –

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