
ACUTE INJURY CARE



REST

Limit movement of injured area.
Decrease weight bearing or lifting activities.
Allow body to begin healing process.

ICE

Helps decrease swelling and pain.
Apply ice for 15-20 mins.

No ice? Frozen veggies work
great as a back up ice pack!



COMPRESSION

Helps decrease swelling leading to
increased use of affected area.

Apply an elastic wrap around injured area,
making sure to keep it snug above and
below the injury.

ELEVATION

Gravity can help assist in the
healing process!

By elevating the injured area,
gravity works to guide swelling
away from the injury so it can
be safely absorbed by the body.

