

# R.I.C.E.

## Rest, Ice, Compression, and Elevation

When an injury is minor, like a muscle strain or ligament sprain, it can be treated by **R.I.C.E.** **R.I.C.E.** stand for Rest, Ice, Compression, and Elevation. It is used to help control the fluids that will accumulate around the injured site. The fluid, also known as swelling, can decrease the motion of the area and increase the pain.

### REST

Rest is necessary for the injury to heal. Limit activity to the injured area and try to rest it for 2-3 days. Using it too soon can increase the swelling to the area.

### ICE

Ice is used to help control swelling, bleeding, spasm, inflammation, and pain. Swelling causes tissue damage by not allowing oxygen to get to the surrounding tissues. Ice constricts the blood vessels, which, in turn, minimizes the swelling and damage.

Ice should be applied immediately to the injured site. It should be used for the first 48-72 hours. 3-4 daily treatments of ice for 10 minutes on fingers, toes, and the face, and 20 minutes for larger areas. If the injury is more severe, ice can be applied every 1\_ to 2 hours.

### COMPRESSION

Compression helps limit swelling to the affected area and spaces surrounding the area. An elastic bandage, or Ace wrap, can be used to do this. The wrap should be firm, but not too tight. If numbness, tingling, increased pain, coolness, and/or swelling below the joint occurs, it is too tight. Rewrap the area every 3-4 hours because the bandage will loosen. Also, it is recommended to sleep with the bandage off.

### ELEVATION

Elevation helps slow bleeding and swelling. It also prevents fluids from pooling and helps the blood flow from the affected area back to the heart. The body part should be placed above the heart when at rest, sitting, lying down, and sleeping.



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