Lesson

Treatment of Minor Injuries

By Carone Fitness

It is obviously better to prevent injury than to have to treat it. However, some accidents are unavoidable. For emergencies, be sure to call 911 immediately. For serious injuries, or injuries that persist, seek medical attention. As a general rule, if you have questions or concerns, consult a doctor or physical therapist.
Treatment of Minor Injuries

R.I.C.E. is an acronym that stands for Rest, Ice, Compress, and Elevate. These are general treatments that can be followed for minor soft tissue injuries such as twists, sprains, or strains.

REST: Avoid using the injured muscle or ligaments so that they have time to heal and are not injured further by continued use.
ICE: Ice decreases swelling. For the first 24 hours it is often recommended to alternate heat and ice. After 24 hours, use ice only. Do not apply the ice directly to the skin—make sure there is some sort of barrier in between, such as a cloth or towel. Only ice the affected area for 10-20 minutes at a time. Longer exposure can lead to tissue damage.

COMPRESS: Applying direct external pressure immediately after the injury can help decrease bleeding, bruising, and swelling. To wrap or tape an injury, be sure to consult a trainer, a physical therapist, or a doctor.
ELEVATE: Elevate the injured area above the level of the heart. This reduces swelling and internal bleeding or bruising.

Again, these procedures may not apply to every situation, so if you have questions, please consult a health care provider.
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