

Soft Tissue Injuries

RICE



REST

ICE

COMPRESSION

ELEVATION

REFERRAL

1. REST



REST

In this context "rest" means that the casualty must be encouraged to immediately cease from further activity until the severity of the injury can be safely assessed.

This may require some assistance - the injured athlete may be highly motivated and sensations of pain and loss of function can be masked by the body's natural pain-killing chemicals - so first aiders are likely to be in doubt.



2. ICE



ICE

Whether in the form of ice-cubes, a proprietary cold spray or wrap, or even a bag of frozen peas, ice should be administered to the injured area and applied for not more than 10 minutes in the first hour. This will help reduce pain and limit swelling.



Ice should be applied for 10 to 20 minutes with 10 minute intervals - ALWAYS WRAP ice in a wet towel or cloth.

3. COMPRESSION



COMPRESSION

Compression of the injured area will also help limit swelling. This is best applied to a limb in the form of an elasticated bandage - a length sufficient to provide a double thickness around the injury and far enough above and below to avoid swelling and pinching of tissue that occurs the bandage edges.

Application may be over a cold wrap if required. If the casualty is in pain and has limited function, they might well prefer to apply the compression for themselves under your direction.



4. ELEVATION



ELEVATION

Elevation of the injured body part above gravity to help limit the swelling of the damaged tissue. It should not be forced, however, particularly where pain and loss of function might indicate an underlying fracture.



5. REFERRAL

REFERRAL

It is vitally important for the first aider to realise that even apparently minor soft tissue injuries can disguise fractures and dislocations to bones and joints. Such injuries can only be accurately diagnosed by a doctor.

For this reason the first aider should refer any such injuries to the nearest medical facility. The casualty should also be advised to see a qualified physiotherapist the same day, for an appropriate programme of rehabilitation.



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