



Acute Pain Management: **RICE**

By Cheryl Clark, LMT

REST. While you should not “take to your bed and stay there”, you should give your body time to initiate healing. Don’t do any activity that aggravates the area or increases your pain.

ICE. Apply ice packs or cold packs, 10 to 20 min at a time to reduce swelling and pain. Be careful to protect your skin by wrapping your pack in a light weight towel.

COMPRESSION. Use of a compression bandage can stabilize the area, control swelling and minimize pain.

ELEVATION. Raising the injured limb above the level of the heart reduces blood flow to the area, thereby minimizing swelling and discomfort.