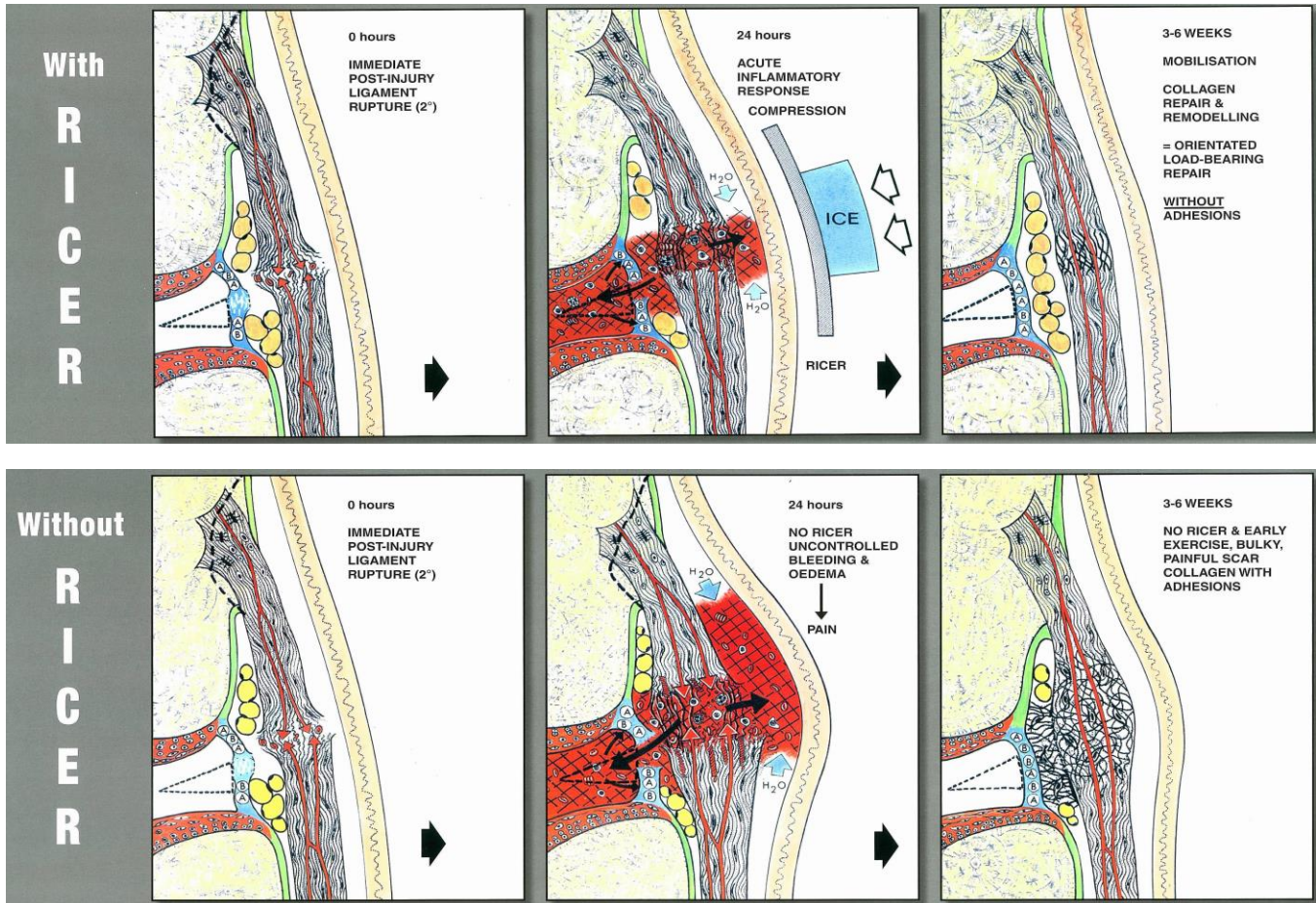


R.I.C.E.R

WHAT TO DO IN THE EVENT OF A LIGAMENT INJURY

ALL INJURIES SHOULD BE TAKEN SERIOUSLY. If badly managed or untreated, they can re-occur and cause chronic conditions in later life.



If a soft tissue injury occurs

- Rest** The injured person should stop playing immediately and be placed in a comfortable position.
- Ice** Apply an ice pack for 10 minutes every 2 hours until further advice is received.
- Compression** Apply an elastic bandage to support the injury and minimize swelling.
- Elevate** Elevate the area as high above the heart as comfortably as possible.
- Refer** All soft tissue injuries should be reviewed by your **Physiotherapist** at **Coburg Physiotherapy Centre (9354 9181)** as soon as possible for an accurate diagnosis, treatment and rehabilitation.

Repeat **R.I.C.E.R** for the first 48-72 hours of an injury.
Avoid heat, alcohol, exercise and massage within this early time

