

Sprained or Strained It?

Most minor soft tissue injuries can be managed at home. To help with healing and reduce pain and swelling, you should follow the PRICE procedure for the first two to three days after your injury.

P

Protect

Protect your injury from further damage, for example, by using a support or splint.

R

Rest

Rest your injury for the first two or three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Reintroduce movement gradually so you don't delay your recovery by losing muscle strength.

I

Ice

Ice the painful area with a cold compress, such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin, as it can damage it.

C

Compress

Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. Don't leave the bandage on while you sleep.

E

Elevate

Elevate your injury by resting it above the level of your heart, and keep it supported. For instance, lay on the sofa with your foot on some cushions if you've injured your leg.