

5 easy steps to take to ensure proper management of Acute Injuries:

PRRICE PRINCIPLE:

- 1. Protect** the injured area from further injury. This includes removing the player from the game and supporting the injured area with a sling, tensor, crutches, splint or tape.
- 2. Rest/Refer** Avoid using the injured area for the first 24-72 hours. This will allow the body's healing process to work more efficiently. If there is any deformity, unrelenting pain, deep ache, redness or altered sensation that develops; **Go to the emergency room for evaluation immediately.** If you are ever in doubt about the injury, **refer** your athlete to be seen by their family physician prior to returning to play or work. Athletic Therapists or Physiotherapists may be utilized for further assessment, rehabilitation and bracing.
- 3. Ice** Apply ice pack to the injury for 15-20 minutes. Repeat every hour for 48 hours. Crushed ice, ice cubes or snow will do the trick. The best method is crushed ice with water in a plastic bag. Place a thin towel between the ice & the skin to protect from irritation. Always place an **injured muscle on a comfortable stretch** to allow muscle to heal in a lengthened position.
- 4. Compression** Apply direct compression to the area in the form of a tensor, tape, or bandaging. Be sure not to wrap the bandaging too tightly or to wear it overnight.
- 5. Elevate** the injured body part above the level of the heart and ensure the limb is positioned comfortably.

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