



HOME CARE SHEET FOR ACUTE INJURY (RICES)

REST:

- One of the most important parts of allowing your body to cope with the healing process is to allow that body part adequate rest. Continuous activity on an injury that requires rest will aggravate the injury, and not allow your body to complete the healing process effectively.

ICE:

- The body's response to cold occurs in four stages; Cold, Burning, Aching, Numbness (C-BAN)
- After approximately 3-4 minutes your body will be in the numb stage and the majority of people do not feel extreme discomfort after this period of time.
- During ice application, check the skin for abnormalities that could arise from ice application such as hives, white blotchy skin or development of a rash. This could be from an allergic reaction to cold. If this occurs, immediately stop applying ice and contact the office for further instruction.
- Although the majority of people are not allergic to ice, there is always a chance of freezing the skin. This is relatively uncommon if icing is kept at a **maximum** of 20 continuous minutes during one application. Any longer than 20 minutes might compromise your body's ability to handle the cold.
- After activity when your body is very warm it might take longer to achieve the numb stage. Likewise, if you have been doing very little activity it could take your body a shorter amount of time to achieve the numb stage.
- Ice application should consist of **20 minutes with ice** followed by **40 minutes without ice**. After 40 minutes without ice on, the cycle can be repeated as many times as necessary or as instructed.
- There are a variety of different ways to effectively apply ice to an injury. Some of these methods include;
 - **ICE BAG**
 - ✓ Fill a plastic bag with ice, or you may use a bag of frozen vegetables such as corn or peas. Make sure to put a barrier between the bag and your skin such as a thin shirt or thin towel.
 - **ICE BUCKET**
 - ✓ Some patients require immersion in an ice bucket. If you are instructed to do so, fill a medium to large sized bucket 1/3 full of ice. Fill the remainder of the bucket with cold water. You will then immerse the body part that requires cold therapy, and leave in for a **maximum** of 20 minutes.
 - **ICE MASSAGE**
 - ✓ Another way to effectively ice the area being treated is by ice massage. Fill a Dixie or Styrofoam cup 3/4 with water and freeze the cup. Then peel off the top later of the cup, exposing the ice, and apply the "ice cup" with slight pressure onto the skin. This treatment should be applied for 7-10 minutes.
 - ✓ If the ice massage is done over the inside portion of the elbow, be careful not to freeze the nerve (often called the "funny bone") that runs through this area. If the fingers or forearm begin to have a tingling or numbing sensation, discontinue ice massage immediately.

COMPRESSION:

- This step can be crucial in moving the swelling out of the affected joint or body part.
- ACE Wraps ® or elastic bandages work wonderfully in this situation. When applying an ACE Wrap ® or other elastic bandage, you always want to start at the point on the limb furthest away from the heart.
- For example, for a wrist injury you will want to start at the fingers and work your way up to about the middle of the forearm. For an ankle injury you start at the toes and work up to the middle of the calf. For a knee injury you will start halfway up the calf and work past the knee to the middle of the thigh.
- When applying a compression wrap make sure to always cover all of the skin from the beginning to the end of the portion the wrap is covering. This will ensure that swelling is pushed out of the injured area as opposed to open skin.
- Make sure the wrap is snug but not too tight. A compression wrap that is too tight could compromise blood flow to the area and ultimately affect the healing process.

ELEVATION:

- Elevating the body part will help to mobilize fluid out of the joint and decrease swelling.
- Elevation is achieved by placing the injured body part, (arm, leg, shoulder, etc.) above the level of the heart. Propping a foot or knee up on the couch or sitting upright with arm on a stable surface are just a couple examples of elevation.

SUPPORT:

- Support for the injured area can be achieved by providing the area with tape or a brace. If this is needed for your injury, please consult the office and we will assist you further.

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE
248-373-7286**