

# What to do

Ice should be applied regularly the first 24 hours and up to 72 hours after injury depending upon severity.

To also assist recovery:

- Ensure accurate diagnosis
- Protect the injured area by applying compression, splinting, strapping or bracing
- Apply principles of RICE (See over leaf)  
(Rest, Ice, Compression, Elevation)

Once accurate diagnosis is achieved movement or exercise relative to your pain can greatly speed your recovery. Your Doctor or Physiotherapist should be consulted for the appropriate management plan for your injury.



Ice bag is hand washable  
Do not bleach  
Do not freeze bag  
Do not place in dryer or washing machine  
Bag should be aired and dried between use



This product should be used only as described in the product brochure information. We always recommend you should seek professional medical advice in conjunction with the use of this product and the information contained with it. Lockerroom Sports will not accept responsibility for injuries incurred while using this product.

[www.lockeroomsports.com](http://www.lockeroomsports.com)

# RICE

## Shoulder



## Ribs



## Knee



## Thigh



## Ankle



# RICE



## What is RICE?

### Rest

**Rest:** Resting is important immediately after injury as it is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Also this initial resting phase allows your body to begin the healing process. The amount and type of rest depends upon the severity of the injury. It is important to remember that appropriate movement or exercise either during icing or immediately following using ice can improve the rate of healing. You should see your health professional for advice on the above.

### Ice

**Ice:** Use Lockeroom's Ice Mate filled with crushed or small cubes of ice on the injured area. Ice will assist in providing short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Ice over the injured area should be applied only for approximately 15-20 minutes at a time. Longer exposure can damage your skin and actually slow the healing process. Ideally apply your Ice Mate for 15 minutes and then leave it off for approximately 1 hour or until all skin redness over the affected area disappears. Repeat every 1.5 hrs and continue to ice for up to 72 hours post injury or upon Health professional advice.

**Compression:** Compression limits the swelling that can slow down healing. Most people also notice some pain relief from compression. An easy way to compress the area of the injury is to lightly wrap a bandage over the affected area. Compression should not create a throbbing feeling. Apply compression immediately following the removal of your Ice Mate. Continue to apply compression whilst evidence of swelling remains.

### Compression

### Elevation

**Elevation:** Elevating an injury reduces swelling and is most effective when the injured area is raised above the level of the heart. For best results apply your Ice Mate and elevate the area being treated. The neoprene wrap will provide gentle compression in conjunction with the ice and elevation. A gentle exercise program if advised by your physiotherapist can also be performed. When removing Ice Mate remember to re bandage the injured area to maintain compression.