

## What to do Immediately following an Injury (R.I.C.E.)

### REST

It is important to have relative rest to an area that was recently injured to ensure proper healing and to prevent further injury.

### ICE

Is used to control the amount of swelling.

### COMPRESSION

Wrap the injured area firmly with a tensor bandage to minimize the swelling. The area should be wrapped from the furthest point of the body working your way towards the heart. Use a diagonal pattern so that the blood supply is not compromised.

### ELEVATION

Have the injured area elevated above the level of the heart to prevent further swelling.



### Hours of Operation

Monday-Friday

7 am – 7 pm

Saturday appointments available

## Kenaston Common Physiotherapy

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Call 489-4737

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



*Orthopaedic and Sports Injury Clinic*

## When to use

# ICE

vs.

# HEAT



Call 489-4737

# Kenaston Common PHYSIOTHERAPY

*Orthopaedic and Sports Injury Clinic*

## ICE



Ice is mainly used when you have an acute injury. It controls the swelling by decreasing blood flow to the area. If you have an injury that is made worse by an activity, it is a good idea to use ice afterwards to control the inflammation.

If the area of injury looks red, feels warm, and is swollen, ice should be used for the first 24-48 hours following the injury.

### How to Apply Ice

You should wrap a damp towel over a gel pack or frozen vegetables and apply it for 10-15 minutes. This can be done every 2 hours.

## HEAT



Heat is more commonly used in chronic injuries, sore muscles and stiffness. Heat increases the blood flow to the area and can resolve chronic inflammation by opening the blood vessels, allowing inflammation to be removed from the area.

Heat is often applied prior to exercise.

### How to Apply Heat

Use a heating pad or a gel pack and apply it for 10-15 minutes. Never apply heat when you are going to sleep as this may cause a burn.

**If your pain persists for more than a week or is getting worse, you should contact your physiotherapist or doctor.**

**A physiotherapist will assess the injury, perform treatment and provide you with exercises so that you can get back on your feet again!**



Visit us at [www.kcphysiotherapy.com](http://www.kcphysiotherapy.com)

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