

## In Summary

In the first 24 hours follow the acronym of **P R I C E**:

Protect - stop playing

Rest

Ice

Compress - a stretchy bandage will do

Elevate

Remember **early treatment and advice** gets you back on track and keeps you there!



## Further Advice

Pop in to see us:

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## Soft Tissue Sports Injuries How To Manage Them

**T**he right approach to treating and looking after Soft Tissue Injuries can get you better quicker and keep you that way.





What happens when you get a sports injury?

You can get:

- swelling
- bruising
- ligament damage
- tendon/muscle damage
- fracture



What to do?

- Protect the area by using a bandage or splint if required to prevent further tissue damage.
- Rest so as to not increase the metabolic demands on the tissues and prevent further tissue damage.
- Ice to decrease the tissue temperature.
- Compress to limit the swelling. A stretchy bandage will suffice.
- Elevate to limit the inflammatory exudates.



Aims of PRICE:

1. Cool off the tissue.
2. Reduce pain.
3. Limit and reduce swelling.
4. Stop/limit exercise.
5. Protect the damaged tissue from further injury.
6. Protect the healing tissue - don't massage.

Come to us for diagnosis and treatment. The faster you recover, the faster you can return to your sport.

Prevent future injuries by pre-hab exercises (such as pre-skiing exercises).

