

Injury Self-Help Guidelines

Disclaimer: Every person is unique. The following list is only a very rough guide and does not replace the professional opinion and advice of a specialist.

treatment	type of injury	time frame	how	what does it do
R.I.C.E. (rest. ice. compress. elevate)	accident/acute/ trauma	when the accident just happened	see descriptions below	see descriptions below
rest	acute, pain, fractures, inflammation,	until pain subsides or advised by a specialist	stop or reduce regular exercise and aggravating daily activities	allows healing to take place, recovery tissue, avoids further damage
ice	acute, new with swelling/ inflammation	10 - 20 min every 2-3 hours for 24-48 hours, after trauma/ exercise	ice-packs, frozen peas, plastic bag filled with ice-cubes & water	numbs pain, reduces fluid build up, reduces inflammation
compression	acute, new	during the day	elastic bandage	stabilises/protects, limits swelling
elevation	acute	as much as possible	elevate injured part above the heart (or at least hip if it's the ankle)	drains fluid, reduces swelling
professional therapist, doctor, A&E	chronic, acute depending on kind injury - severe pain, swelling, or numbness - cannot bear weight	as early as (manual therapy after signs of acuteness subsided)		assessment and diagnosis, pain treatment, possibly scan/ x-ray, as well as prevention

movement	chronic, after first signs of acute injury subside	2-3 x a day	in the beginning low intensity, only to where the pain starts and not further, stretching & strengthening combined with rest	mobility, alleviates stiffness, increases blood flow (nourishing)
heat	chronic, more than 1 day old	before exercise or long after	hot water bottle, heating balms, hot towel wraps	increases blood flow, relaxes muscles, relieves stiffness and muscles tension
pain killer/ anti-inflammatory	acute, new	when injury first happens, acute phase (first week)	tablets, always read the label!	reduces pain and inflammation
contrast bath (hot/cold immersion)	swelling, pain, joint stiffness, inflammation repetitive strain (achilles tendonitis, shin splints, plantar fasciitis)	from 3 days after injury happened	shower, ice-and hot packs, ice water/hot water buckets, treat 2min with cold and 1 min with cold, repeat 3-5x, finish with cold if inflamed, with hot if need to relax	increases circulation (healing effect), 'pumps' out stagnant fluid, Caution, not for small children and the very old