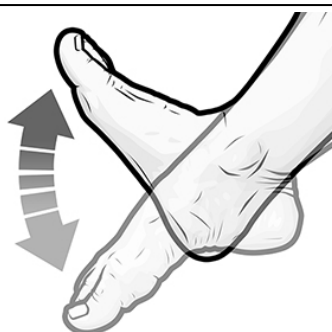




R.I.C.E.

R - REST: Avoid excessive activity or movement of your injury site. I - ICE: Ice the injured area (for 15-20 minutes every 2-4 hours) for the first 48 hours. C - COMPRESS: Compress the area with a bandage. E - ELEVATE: Elevate the injury site (ideally above the level of the heart).



ANKLE PUMP

Point your foot away from you and pull it back towards you in a smooth, rhythmical manner.

SETS & REPS: 20 reps

FREQUENCY: 5 x day



ANKLE INVERSION / EVERSION

Slowly turn the sole of your foot inwards as far as you can, then outwards as far as you can. Repeat this gentle movement.

SETS & REPS: 20 reps

FREQUENCY: 5 x day

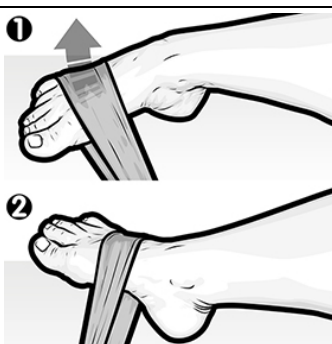


WEIGHT-BEARING DORSIFLEXION

With your feet a shoulder-width apart, squat down, flexing your ankles as far as you comfortably can. Return to standing and repeat.

SETS & REPS: 20 reps

FREQUENCY: 3-5 x day



RESISTANCE BAND EVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned in (1), turn your foot outwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: Daily



RESISTANCE BAND INVERSION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed and turned out (1), turn your foot inwards against the resistance (2). Keep your foot pointed throughout the movement and do not move your leg. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week

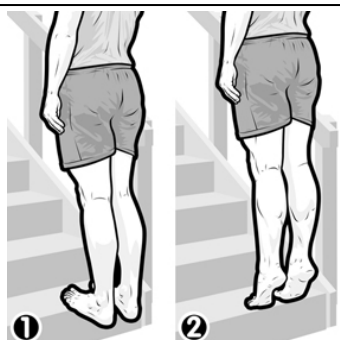


RESISTANCE BAND DORSIFLEXION

Attach a length of resistance band to a fixed object and loop around your foot. Starting with your foot pointed, pull your toes back towards you against the resistance. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



DOUBLE-LEG CALF RAISE

With the balls of your feet on the edge of a step and heels dropped down (1), slowly rise up onto your toes as far as you can (2). Slowly lower and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



SINGLE-LEG PILLOW BALANCE

Maintain your balance while standing on one leg on a pillow. As you improve, try closing your eyes.

SETS & REPS: 5 mins

FREQUENCY: 1 x day

INFORMATION SHEET

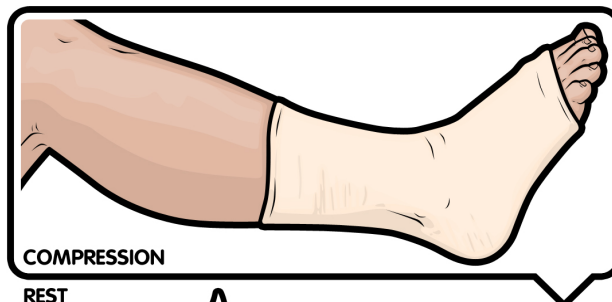
MANAGEMENT OF ACUTE SOFT TISSUE INJURIES

THE 'RICED' REGIME

Injuries can damage soft tissues such as muscles, ligaments and tendons. When soft tissue is injured blood vessels are usually damaged too. This leads to bleeding and swelling around the damaged tissue which can cause pain, further damage, impaired healing and loss of joint range of motion. Therefore reducing bleeding at the site of injury is vital. The first 48 hours following injury are the most important in the management of acute soft tissue injuries. Appropriate treatment will help to relieve immediate symptoms and speed up your recovery. The initial treatment should follow the RICED (Rest, Ice, Compression, Elevation, Diagnosis) regime and avoid HARM-ful (Heat, Alcohol, Running, Massage) activities.

REST

Rest reduces further injury, bleeding and swelling. Stop activities as soon as your injury occurs and avoid movement of the injured area when possible.



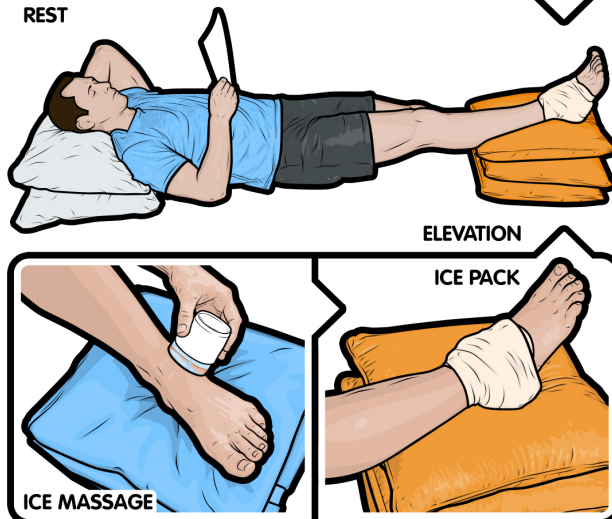
COMPRESSION

Compression of the injured area reduces bleeding and swelling. This can be achieved by wrapping the area in a crepe bandage that extends above and below the injured area.

ICE

Ice reduces pain, spasm, bleeding and swelling. Apply for 20 minutes every 2 hours for the first 48 hours. This can be achieved with ice cubes wrapped in a moist towel, placed around the injured area and held in place with a bandage.

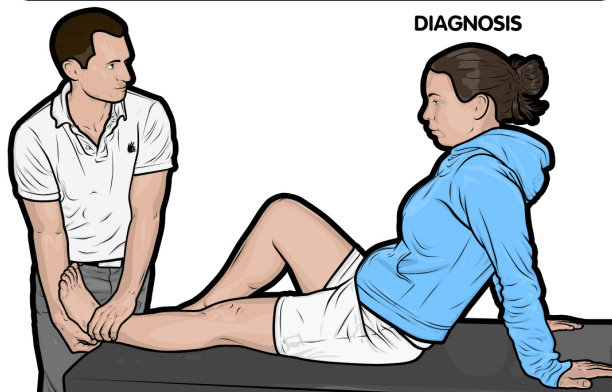
Alternatively, water frozen in a foam cup will produce a large ice block that can be moved across the skin of the injured area (apply a little oil to the skin first). Other methods are immersion in icy water and cold gel packs.



ELEVATION

Elevation of the injury above the level of the heart reduces pain, bleeding and swelling. For lower limb injuries, this can be achieved by lying down with your affected leg resting on a pillow or chair. For upper limb injuries, you can wear a sling.

DIAGNOSIS



DIAGNOSIS

Consult a medical professional as soon as you are able for expert advice on the severity of the injury and the necessary treatment.

Avoid HARM-ful activities:

HEAT: Heat increases bleeding at the injured area. Avoid hot baths, hot showers, heat packs, heat rubs/liniments and hot water bottles for at least 72 hours after injury.

ALCOHOL: Alcohol increases bleeding and swelling at the injured area and can lengthen recovery time.

RUNNING: Running or exercise of the injured area can cause further damage within the first 72 hours after injury.

MASSAGE: Massage increases bleeding and swelling at the injured area and should also be avoided in the first 72 hours post-injury.