



PRICE Guidelines

Injuries can hurt and these guidelines tell you how to manage injuries in the first few days.



Protection

Protect or support your injured body part for the first 24 to 48 hours after injury. Use a sling or a splint if that helps.



Rest

Rest your injured body part for first 24 to 48 hours; avoiding activities that cause additional pain, swelling, or discomfort. Try to move your injured body part gently for ten to twenty seconds every hour when you are awake. You should still go about normal daily activities as much as possible but avoid further strain by taking regular rests.

Ice

If you have had an injury or flare-up in the last two days, wrap crushed ice in a damp towel and hold it for five to ten minutes against the part of your body that hurts. You can do this every two to three hours. Make sure you use a damp towel between the ice and the skin to avoid ice burn. Alternatively, you could try sports sprays and gel packs, which do a similar job.



Compression

Apply compression with a bandage or tubigrip type of support until the swelling goes down. Loosen the bandage if the pain increases or the area becomes numb. Wrap the bandage starting from the end farthest from your heart.



Caution: Do not make the bandage too tight and do not wear tubigrip or any compression bandage in bed at night.

Elevation

Elevate the injured body part above the level of your heart as much as possible during the first 24 to 48 hours, especially when sitting or lying down. Make sure the body part is supported; for example, with pillows or slings.

