

PRICE - The protocol for immediate treatment of injury

The PRICE protocol is a simple 5 step method that can be used to minimize the effects of immediate injury. PRICE should be used immediately when an injury occurs. These are simple steps that you can take prior to your initial evaluation by your physician or other orthopedic specialist.

P is for Protection - Protect yourself and or protect any injury from further damage. Stop playing, use padding and protection, splints or use crutches to take the weight off a knee or ankle injury. You may use a sling to protect an arm or shoulder.

R is for Rest - Allow an injury time to heal. Being brave and playing on is not always wise. Ensure rehabilitation time to allow even a small injury to heal.

I is for Ice - By applying Ice either from a freezer, an ice pack or even a pack of peas onto the injury you will reduce the pain and inflammation. Very cold products can induce hypothermia or cold burn so wrapping the ice in a cloth is advisable.

C is for Compression - Compression of the swollen area will help to reduce the swelling. Ace wraps or compression sleeves or stockings can be used.

E is for Elevation - Elevating the injury to above the heart reduces the flow of blood to the area and reduces the swelling.

****Always seek medical attention following an injury to ensure that an assessment or diagnoses has been made by a qualified healthcare professional.****