

PROPER CARE OF ACUTE INJURIES

When injury occurs the following takes place

1. Blood vessels are damaged causing leaking of blood (swelling)
2. Increased temperature to injured area (inflammation)
3. Increased pressure due to swelling will cause pain

Injury can become long term or chronic when

1. There is a loss of function to the injured area
2. There is a decreased range of motion to the injured area
3. Muscle weakness occurs

The ONLY initial first aid for acute injury is RICE

1. REST-eliminates unwanted motion to the injured area
2. ICE-reduces inflammation and causes damaged blood vessels to constrict which reduces swelling
3. COMPRESSION-creates a counter pressure over the injured area to reduce swelling
4. ELEVATION-prevents pooling of blood to injured area which will cut down on swelling and pain

Proper Application of Ice

1. Ice should be applied as long as there is swelling and inflammation
2. Ice should be applied for a *continuous* 15-20 minute period
3. Ice will result in a burning sensation, aching and then numbness
4. Repeat process as long as symptoms persist

Ice techniques

1. Ice bag
2. Ice bath
3. Ice towel
4. Ice massage

Positive effects of Heat

1. Increases flexibility of collagen muscle fibers
2. Increases blood flow and nutrition to the injured area to promote healing
3. Decreases muscle spasm
4. Decreases joint stiffness

Heat techniques

1. Moist heat pack
2. Hot whirlpool or bath
3. Ultrasound Therapy
4. Sports Creams-mainly heat surface of the skin

