

Proper RICE Technique

Remember, RICE stands for Rest, Ice, Compression, and Elevation.

Rest means staying off of the injury for 24-48 hours. In this picture, the knee is being iced, compressed by an elastic bandage, and elevated (note that the foot is higher than the knee so fluid/swelling in the knee will flow back down toward the hip, not the ankle). You should ice the area for 20-30 minutes 2-4 times/day. As always, if you have an injury, consult your doctor.

