

How do you take care of your injuries?

Immediate care of orthopaedic injuries is key to preventing further damage!



The best method of care is **RICED**.

Rest

- Stop activity as soon as your injury occurs.
- Avoid as much movement as possible to reduce the risk of further injury.
- This does not mean you must stop all activity. Let pain be your guide.

Ice

- Apply ice for 15-20 minutes (NEVER LONGER) each hour
- Recommended minimum icing is 4 times daily.
- Don't have access to ice? Use a bag of frozen vegetables; peas or corn work well.

Compression

- Elastic Bandages wrapped firmly around the injured area can help reduce bleeding and swelling.
- Bandages should cover the entire injured area.
- Always begin wrapping at the furthest point (ex: toes, fingers) and end closest to your trunk.

Elevation

- Elevating the injured limb can also help to reduce bleeding and swelling.
- The injured area should be raised above the level of the heart when sitting or lying down.
- Use a pillow or cushions to rest as comfortably as possible.

Diagnosis

- Consult a medical professional if your pain or swelling does not improve significantly within 48 hours of injury.



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Medical Center Orthopaedics

Walk-in Clinic available for athletic injuries.

Monday through Friday, 7:45 to 8:30 a.m.

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Orthopaedics

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