

# Information Sheet

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## **PRICE: Protection, Rest, Ice, Compression, Elevation**

The watchword of every fitness coach when an injury occurs and one of the first things you learn when dealing with injuries. Modern techniques have replaced some of this advice, but it still stands whilst treating someone who has just suffered a soft tissue injury - whether on the rugby field or in the supermarket.

**NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.**



- **Protection** – protecting the injured person and injured limb from further injury. This is dependent on circumstances but protecting life is always the first goal.
- **Rest** – resting the injured part allows the body to heal itself and prevent further injury or damage and helps control the spread of the injury. It may not necessarily mean absence from all activity, if it is possible to rest the injured part from anything that may make it worse then other activity can still be undertaken.
- **Ice** – ice applied for 20 minutes every 2-3 hours helps control swelling and bleeding into the tissues. This contains the injury and limits stiffness and pain allowing a quicker recovery and return to activity.
- **Elevation** – where possible raise the injured part to assist with drainage of the tissue and again to limit swelling and aid circulation to help healing. Lower limb injuries should be lifted above the hip where possible and upper limb above the axilla (underarm).

**PRICE is crucial** in the first 48 hours but depending on the extent of the injury your therapist may recommend longer or may ask you to repeat once you begin your activities again.

\*Please note, this is intended as a guide to how you can help improve the symptoms at home. Should you require any further or more specific advice, please do not hesitate to contact me.