

## Early Injury Management –PRICER

The First 24 hours has the most significant impact on recovery from your injury. Injury often affects many structures, resulting in significant swelling and bruising. Significant swelling results in local tissue compression lack of oxygen, which further increases the damaged area. Therefore, the aim of the early recovery period is to minimize further damage.

You can optimize your recovery by following these principles:

### **P**rotect

- Avoid further injury or aggravation
- May involve splinting, brace, sling, crutches

### **R**est

- Finding a comfortable position
- Again taking the pressure off (crutches, sling)
  - Usually for less than 48hours (unless serious injury)
  - Protected mobilisation

### **I**ce

- Aims to reduce tissue swelling and bruising
- Decreases pain
- Helps controls the initial inflammatory process
- Decreases muscle spasm

Frequency:

- 10-20 minutes every 2 hours for 24 hours

### **C**ompression

- Helps to further reduce swelling
- Use an elastic bandage or tubigrip
- It should be firm, without being painful
  - Check circulation below compression/ pain/ numbness/ pins & needles. Best not to wear overnight

### **E**levate

- Reduces swelling & blood flow
- Ensure raised above heart level
- Continue for 24-48 hours
- Avoid prolonged standing (post footy game drinking)

## **R**ehabilitation/Physiotherapy

This is the difference between injury management & injury rehabilitation. Classic example is the sprained ankle. Appropriate rehabilitation of an injured ankle initial will decrease the risk of recurrent injuries or sprains. This includes appropriate advice, physiotherapy treatment and specific evidence based exercise & rehabilitation.

## **NO / Avoid**

**H**eat

**A**lcohol

**R**unning/activity

**M**assage

(e.g. quads contusion – corky/ Classic post footy game drinks, fire, running around & after hours activities)

All these things exacerbate the injury by: -

- increasing blood flow and therefore swelling
- prolong the initial healing process
- re-aggravate the injured site