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## INITIAL MANAGEMENT OF ACUTE INJURIES

This advice sheet provides general guidance to the immediate treatment of acute injuries, for example, a sprained ankle. For more specific guidance for your particular injury, consult your physiotherapist or health-care professional.

The acronym PRICED describes a simple procedure to follow in the first minutes and hours after an injury occurs to help in controlling the severity of the inflammation and/or pain and in assisting a safe return to your sports/activities.

- Protection** - remove additional danger or risk from the injured area.
- Relative rest** - Modify, limit or stop any aggravating movements of the injured part.
- Ice** - apply ice to the injured area for 10 minutes every 2-3 hours.
- Compression**- Apply an elastic compression bandage to the area. A tea may be used when icing the area.
- Elevation** - raise the injured area above the heart.
- Diagnosis** - Acute injuries should be assessed by a physiotherapist or health care professional.

In the first few days (72 hours) after an injury, also remember to avoid HARM.

- Heat** - Any kind of heat will speed up the circulation, resulting in more swelling and a longer recovery time.
- Alcohol** - Alcohol can increase swelling, causing a longer recovery,
- Running** - Inappropriate and excessive exercise at a too early stage can further damage the injured part.
- Massage** - Massage increases swelling and bleeding into the tissue, prolonging recovery time.

If you have any queries, then consult your physiotherapist or health-care professional.

### References

The Chartered society of physiotherapy - Guidelines for the management of soft tissue (musculoskeletal) injury with protection, rest ice, compression and elevation (PRICE) during the first 72 hour

The International association for dance medicine and science - First aid for dancers.



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