



Treating Sprains

Think RICE – Rest, Ice, Compression, Elevation

R – Rest

Get the casualty to sit or lie down in a comfortable position



I – Ice

Put a cold compress (ice-pack, etc.) on the sprain to ease pain and reduce the swelling

C – Compression

Put a compression bandage on to support the joint, in a figure of eight, overlapping the bandage each time (Make sure that the bandage is not too tight, and always remember to check circulation on the far side of the bandage from the heart. Do this by pinching the extremity and checking that the colour returns to the skin within two seconds.)



E – Elevation

Raise and support the injury as high as is comfortable for the casualty

