



Sara Gordon & Associates

## Treatment for Acute Injuries

**R**est is vital to protect the injured tissue and prevent further injury. Secondly, your body needs to rest so that it has the energy to heal itself most effectively.

**I**ce. Cold provides short term pain relief and also limits swelling and local tissue death. Apply ice bags, cold packs or a bag of frozen peas (wrapped in a damp, thin towel) for **10 – 15 minutes** to the injured area. **Never apply ice for more than 20 minutes as this can damage the skin.** “Ice” sprays or gels are no substitute for ice.

**C**ompression limits swelling, which can slow the healing process. Apply a bandage or “tubigrip” to the injured area. If you feel throbbing or numbness, the compression is too tight so you should remove it.

**E**levation is the most effective way to reduce swelling. Make sure the area is above your heart.