

# Soft Tissue Injuries

## RICER



**R**EST

**I**CE

**C**OMPRESSION

**E**LEVATION

**R**EFERRAL

## 1. REST



### REST

In the context "rest" means that the casualty must be encouraged to immediately cease from further activity until the severity of the injury can be safely assessed.

This may require some assistance: the injured athlete may be lightly restrained and movements of pain and loss of function can be reduced by the body's natural pain-killing chemicals - so first aiders may need to be essential.



## 2. ICE



### ICE

Whether in the form of ice-cubes, a compresses cold packs or wraps, or even a bag of frozen peas, ice should be administered to the injured area and applied for not more than 10 minutes in the first hour. This will help reduce pain and limit swelling.



All direct application of ice to bare skin will burn and damage - ALWAYS WRAP ice in a wet towel or cloth.

## 3. COMPRESSION



### COMPRESSION

Compression of the injured area will slow down swelling. This is best applied in a form of an elasticated bandage - a single sufficient to provide a tension (pressure) around the injury and be enough above and below to avoid swelling and cooling of tissue but around the bandage edges.

Application may be over a cast when it required. If the casualty is in pain and has limited function, they might not prefer to apply the compression to themselves under your direction.



## 4. ELEVATION



### ELEVATION

Elevation of the injured/body part above gravity to help limit the swelling of the damaged tissue. It should not be forced, however, particularly where pain and loss of function might indicate an underlying fracture.



## 5. REFERRAL

### REFERRAL

It is a primary objective for the first aider to realize that some apparently minor soft tissue injuries can disguise fractures and dislocations in bones and joints. Such injuries can only be accurately diagnosed by a doctor.

For this reason the first aider should refer any such injuries to the nearest medical facility. The casualty should also be advised to see a qualified physiotherapist for some day, for an appropriate programme of rehabilitation.



# Soft Tissue Injuries In Sport

**L Towne**



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