

Week 1: Walk to Wellness

Treating an Injury



With proper stretching, and the right amount and type of activity for you, injuries should not be a problem. However, if you are injured while exercising, follow these tips.

If you get a sprain, strain, “pull” or bruise, remember R.I.C.E. — Rest, Ice, Compression, Elevation (See chart on next page)

 **Call your doctor —**

- If the injury is serious.
- If you’re not sure whether the injury is serious.
- If you cannot move the injured area, or there is sudden, severe swelling. These may be signs of a broken bone.

R.I.C.E.	What to do
R est	<ul style="list-style-type: none"> ✓ Stop doing the activity. ✓ Rest for a few days. This will stop some bruising and help with healing. ✓ Apply splints, tapes, or bandages if they are needed.
I ce	<ul style="list-style-type: none"> ✓ Wrap ice or cold compresses in an absorbent towel or cloth, and apply to the injured area. Ice reduces pain, bruising, and swelling. ✓ Hold the ice in place for 10 minutes. Then take it off for 10 minutes. ✓ Repeat the ice-on and ice-off schedule as often as you can during the first 24 to 36 hours after you're injured. <p>IMPORTANT: Make sure to wrap the ice or cold compresses in an absorbent towel or cloth before you apply them to the injured area. Unwrapped ice or ice wrapped only in plastic can cause frostbite and more injury.</p>
C ompression (Pressure)	<ul style="list-style-type: none"> ✓ Apply pressure by wrapping the injury with an elastic bandage. The bandage helps to reduce swelling and blood flow to the injured area. ✓ The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color.
E levation	<ul style="list-style-type: none"> ✓ Lift the injured area above your heart. Keep it elevated whenever possible, not just when it has ice on it. ✓ This technique helps reduce internal bleeding and stop pain and throbbing in the injured area.