

Chartered Physiotherapists, Rehabilitation, Exercise & Sports Professionals.

During the initial stages of injury the procedure for treating soft tissue injuries follows what is known as the '**PRICE No HARM Guidelines**'. Price stands for Protect, Rest, Ice, Compression and Elevation.

Generally the earlier the '**PRICE No HARM Guidelines**' are started the shorter will be the rehabilitation period. Where possible the procedure should be started at the place where the injury occurs. A delay of several minutes may add days or weeks to the rehabilitation time. Here's what to do: -

- P** **Protect** the injured area from further damage. Be aware that the injured area needs to be guarded against further movement by whatever means are available to you.
- R** **Rest.** Stop what you're doing. Then the decision can be made as to whether or not to continue. Avoid 'Running it off'.
- I** **Ice.** The area for 12 – 15 minutes every 2 hours. In the case of small limbs or structures close to the surface, reduce this to 5 – 10 minutes every 2 hours. Use whatever you have to hand that is cool but ensure that ICE doesn't go directly on the skin as this is likely to cause a burn. Wrap it in a wet cloth first!
- C** **Compression.** Apply a support bandage, which should be removed at night, to the area to assist in the reduction of swelling. In the case of a limb try and cover as far as possible above and below the injury site.
- E** **Elevate** the limb to a level above the heart. (*In the case of a fracture make sure the fracture has been sufficiently well supported prior to doing this.*)

Do No HARM:-

- H** **No Heat**, such as hot baths, saunas, heat packs or muscle sprays e.g. Ralgex or Deep Heat.
- A** **No Alcohol**, this will increase bleeding and swelling and decreases healing.
- R** **No Running**, or any other exercise that could cause more damage to the injured area.
- M** **No Massage**, at or near the injury site which may increase bleeding and swelling.

Anti-Inflammatories

Inflammation is the body's natural response to injury and is a necessary part of the healing process. Without inflammation the body would not repair!

Sometimes however, the inflammatory response may be excessive. In these circumstances the use of Non-Steroidal Anti-Inflammatory Drugs (NSAID's) such as Ibuprofen **MAY** help but you should be aware that there is conflicting research in relation to these types of drugs and their effect on the healing process.

This conflict is reflected in The NHS National Library for health Clinical Knowledge summaries web site advice (4th October 2012) which states....

*Oral non-steroidal anti-inflammatory drugs (NSAIDs) can also help to reduce swelling and inflammation. However, NSAIDs should only be considered for use 48 hours after the injury has occurred because if they are used before this time, they **MAY** adversely affect the healing process.*



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PhizBiz Tips

Do this:-

- With an injured leg when using stairs. Go one step at time. Lead up with your unaffected (Good) leg, & down with your (Bad) affected/injured limb.
- Use whatever you have available to elevate the limb. If need be, position your trunk below the limb. E.g. lie on the floor & place your foot up.
- Remove tubi-grip at night.
- Use a pillow for support.
- At night elevate the foot of the bed by either placing something under the two feet at the end of the bed, or try placing a pillow between the end of the mattress and the base of the bed so your feet and leg are slightly raised

Avoid these: -

- Applying the support bandage too tightly.
- Exceeding the icing times.
- Heat in any form. Be suspicious of rubs and liniments coming out of red/Orange coloured containers. The contents usually increase blood flow and are not appropriate at this stage.
- Drinks containing alcohol.
- Hot baths, shower instead.
- Massaging the injured area.
- Testing to see if it's OK or attempting to rush the healing process – It won't be rushed!!!!

What Next ?

In relation to YOUR injury, once the basics have been taken care of you are advised to follow the 'PRICE No HARM Guidelines' for the next; -

- 2 -3 Days depending on how bad the injury is. If in doubt go for the 3 days.
- Apply ice In a wet towel (Never direct on the skin) for between 5 – 20 minutes. Adjust the time depending on how deep the injury is.
e.g. The thickness of the tissue at the ankle is very small compared with that of your thigh and bottom where the flesh is quite thick.
- You do this Every 2 - 4 Hours if you can,
- and avoid doing any **HARM** which stands for **Heat, Alcohol, Running & Massage**

Every injury & person is different and affects people in differing ways. To help you we have made available, on our web site, (www.phizbiz.com), general advice sheets covering common injuries and conditions together with links to sources of physiotherapy and rehabilitation products. If need be we can provide additional, specific advice, in relation to your injury and rehabilitation prevention as well as training and performance.

We can be contacted at enquires@PhizBiz.com or via our web site at

Steve Snelling BSc (Hons) MCSP

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