

Minor Sports Injury Recovery Checklist

- Don't push it. Ignoring an injury can lead to further damage and a longer recovery.
- Control swelling initially and reduce pain by icing the injured area for 10 minutes at a time. Make sure you have a light towel in between the ice and the skin to prevent frostbite.
- Use a wrap like an ACE bandage to apply compression to the injured area. Use caution to not wrap it too tight as this may cause a loss of blood flow.
- Elevate the injured area to help reduce swelling and pain.

The RICE method is for minor sports injuries like sore joints and minor ankle sprains. If your injury is more serious or your symptoms worsen or persist, call your doctor right away. You may need x-rays or an MRI to check for bone or ligament damage.

In an emergency situation, call 911 or visit our 24/7 Emergency Department

www.pullmanregional.org/orthopedics

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