



PRICE - INJURY MANAGEMENT

First Aid for Soft Tissue Injuries - Start with the PRICE Protocol.

If you suffer an injury such as a sprain, strain, muscle pull or tear, immediate first aid treatment can prevent complications and help you heal faster. One of the best acronyms to remember if you get a sports injury is PRICE which stands for Protection, Rest, Ice, Compression and Elevation. Using these immediate first aid measures will assist to limit swelling, protect injured soft tissue and ultimately reduce pain

Soft tissue injuries:

When injury occur, damaged soft tissue may bruise, swell or bleed (internally or externally) and become inflamed. Healing occurs through a complex process as the damaged tissue is replaced by collagen, perhaps better know as scar tissue. The aim of early intervention is to reduce the incidence and influence of scar tissue and help return to normal activities as soon as possible.

The PRICE Method of Acute Injury Treatment:

Protection. If injured, stop playing and protect the injured part from further damage. Avoid overloading the injured area, using crutches to offload and protect injured legs or back (this will help to maintain normal movement as best as possible within your pain limits), a sling may help a seriously injured arm or upper limb (this should only be used if the upper limb needs to be completely immobilised).

Rest. Rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Resting the injured area is important to promote effective healing and reduction of further swelling. Limit movement / activity so that it does not elicit the pain from your injury site.

Ice. When icing an injury, choose a cold pack wrapped in a damp thin towel to provide cold to the injured area without the risk of a dry ice burn. Apply the ice pack for 20mins each hour for the first few hours then 3-4 times daily over the next 48hrs. The ice will help to constrict the diameter of the blood vessels in the region reducing swelling and aid in its reduction.

Compression. Compression helps limit and reduce swelling while providing support for the injured part during the healing process. Wrap a bandage firmly around the area. If you feel throbbing loosen the bandage and re-apply. Other supports can also aid this process including neoprene supports that can be bought of the shelf from all good pharmacies.

Elevation. Elevating an injury will also help to control the swelling. It's most effective when the injured area is raised above the level of the heart.

Dependant on the extent the injury as pain settles sprains, strains and other injuries will begin to heal. Light massage and gentle stretching can start at this stage as symptoms allow. As the healing progresses strengthening and balance exercises can be introduced to rehabilitate the injured area.

It's extremely helpful to work with a professional initially with the acute injury and as you begin rehabilitation.

The Bodymechanics team are available at Walton on Thames and Worcester Park. If you have suffered an injury, please contact us at your earliest convenience and we will endeavour to help you back to full fitness quickly and effectively. Visit our website (www.thebodymechanics.co.uk) for more information or to book an appointment online. Alternatively call us on 01932 25 3500. We look forward to hearing from you.

The Bodymechanics Team.