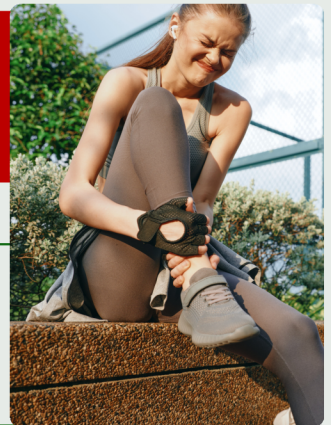


RICER Technique — Sprain & Strain Guide

**SPRAIN OR STRAIN?
ACT FAST. USE RICER.**

Within the first 72 hours, what you do matters.



STEP-BY-STEP

R - REST

Stop. Right now.

- Stop all movement of the injured area immediately.
- Movement makes bleeding and swelling worse.
- If it's a leg or ankle — don't walk on it.
- Sit or lie down. Keep still.

I - ICE

Cool it down fast.

- Wrap an ice pack (or bag of frozen peas) in a cloth or towel.
- Never put ice directly on skin.
- Apply for 15–20 minutes.
- Repeat every 2–4 hours for up to 72 hours.
- Stop if it becomes too painful.

C - COMPRESSION

Wrap it. Slow the swelling.

- Use a firm bandage — not too tight.
- Start below the injury, bandage around it, then above it.
- Overlap each layer by half.
- Check regularly: if fingers or toes go numb, tingly, or turn blue → loosen the bandage immediately.

E - ELEVATION

Get it up above the heart.

- Raise the injured limb higher than the heart.
- Use pillows, a chair, a bag — whatever you have.
- Keep it elevated as much as possible for the first 72 hours.
- This reduces swelling fast.

R - REFERRAL

Don't guess. Get it checked.

- See a doctor, physio, or health professional.
- **Go now if:**
 - Pain is severe or getting worse
 - You heard a "pop" or "snap"
 - There is obvious deformity or abnormal shape
 - You cannot bear weight at all
 - Swelling is rapid or severe
 - Numbness or tingling is present



DO NOT DO THESE IN THE FIRST 72 HOURS.
THESE WILL MAKE IT WORSE.

WHAT TO AVOID	WHY
H HEAT	Increases swelling
A ALCOHOL	Increases swelling and bleeding
R RUNNING/EXERCISE	Causes more damage
M MASSAGE	Increases swelling and bleeding

CALL 000 IF:

- The bone looks deformed or bent the wrong way
- There is a wound near the injury (open fracture)
- The person loses feeling below the injury
- They cannot move the limb at all
- Severe, uncontrolled pain that does not settle