



## Intercollegiate Athletics Home Care for Athletic Injuries

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### Rest

Your daily activities need to be adjusted so that they do not aggravate the injury.

### Ice

To reduce pain and swelling it is best to ice the injury for 15-20 minutes every 2 hours, unless instructed otherwise by the trainer or treating physician.

### Compression

To help reduce the amount of swelling which will enable the injury to heal faster, it is important to have compression applied to the injury with an elastic wrap, unless notified otherwise by the trainer or treating physician.

### Elevation

In order to reduce swelling and subsequent pain, elevate the injured body part to the level of your heart or higher, as often as possible, even during sleep, class, meal-times, etc.

**These steps are essential in the initial management of athletic injuries. If the injury becomes more painful, becomes deformed or numb, you need to notify the trainer or see a physician immediately. These procedures should not be altered unless instructed differently by the trainer or treating physician.**