



## How to Care for Musculoskeletal Injuries Formula = (RICE – B)

---

People often ask what they can do for a muscle strain, a sprained ankle or shoulder pain. If you suspect there may be a severe trauma then go to the emergency room or consult with your doctor. But for a muscular injury use the RICE –B system.

### **Rest**

Immobilize and non-weight bearing for the first 48 hours.

### **Ice**

*For the first 48 hours:*

Cryotherapy should be the treatment of choice

*Methods of application:*

Ice bucket (20 minutes)

Ice bags (20 minutes)

Ice massage (5 to 8 minutes)

\*Can use arnica gel at this level also

*After 48 hours:*

Heat 8 to 10 minutes, then ice 20 minutes

### **Compression**

Methods of utilization:

Ace wrap with horseshoe

Open basket weave with horseshoe

Closed taping (not recommended initially because it can be too tight)

Alternating pressure can also be applied with an ace wrap.

### **Elevation**

Should be done during ice and compression treatments as well as when you are resting.

You can continue to use arnica.

### **Bodywork**

Manual compression therapy with soft issue massage in non-traumatic areas. (See a licensed Massage Therapist). Helps relieve swelling and works in conjunction with other therapies.

Specific pressure points and long massage strokes on non-affected muscles.

Polarity Therapy, Acupressure Points for stress reduction and tension relief

Mild movement using isometric exercised also work

