

How to treat sprains and strains with RICE

If a casualty has a sprain or strain, you need to reduce the swelling and support the injury. You should treat a sprain or strain by following the 'RICE' steps:



The injured person should stop any activities and not put any weight on the injury. Ask them to sit or lie down in a comfortable position, elevating the injury if possible.



Apply a cool compress such as an ice pack (or a bag of frozen peas wrapped in a towel) to the injury for up to 10 minutes. This will help to reduce swelling, bruising, and pain.



Provide support to the injury by wrapping padding around it and using a bandage to secure it. Check the casualty's circulation every 10 minutes and loosen the bandage if it appears to be too tight.



Keep the injury raised, such as by placing the limb on cushions or in a sling. This helps to reduce swelling and bruising.