



Do you know what **R.I.C.E** is?

And what has **RICE** to do with **ITV ICE MAKERS**?



If you suffer an injury such as a sprain, strain, muscle pull, or tear, immediate first aid can prevent complications and help you heal faster. One of the most important acronyms to remember if you get a sports injury is **R.I.C.E.** R.I.C.E. stands for **Rest, Ice, Compression** and **Elevation**. Using these 4 immediate first aid measures can relieve pain, limit swelling and protect the injured tissues, all of which help speed healing.

Ice use ice bags wrapped in a thin towel to provide cold to the injured area. An **ice massage** is another extremely effective way to direct cold to the injured tissue.

Cold provides short-term pain relief. It also limits swelling by reducing blood flow to the injured area. The best rule is to apply cold compresses for 15 minutes and then leave them off for at least 20 minutes.

After a day or two of **R.I.C.E**, many sprains, strains or other injuries will begin to heal.



with the Spanish National Team. Winner of the 2010 FIFA World Cup South Africa

