

Got RICE?

REST.

Take a break from the activity that caused the injury. Your doctor may recommend that you use crutches to avoid putting weight on your leg.

ICE.

Use cold packs for 20 minutes at a time, several times a day. Do not apply ice directly to the skin

COMPRESSION.

To prevent additional swelling and blood loss, wear an elastic compression bandage.

ELEVATION.

To reduce swelling, recline when you rest, and put your leg up higher than your heart.

Save Your Knees
www.saveyourknees.org

AAOS
AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS

Got RICE?

REST.

Take a break from the activity that caused the injury. Your doctor may recommend that you use crutches to avoid putting weight on your leg.

ICE.

Use cold packs for 20 minutes at a time, several times a day. Do not apply ice directly to the skin

COMPRESSION.

To prevent additional swelling and blood loss, wear an elastic compression bandage.

ELEVATION.

To reduce swelling, recline when you rest, and put your leg up higher than your heart.

Save Your Knees
www.saveyourknees.org

AAOS
AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS