



For more info call  
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## INJURY CARE GUIDELINES

### **PHASE 1: The P.R.I.C.E. of Injury Care**

#### **1. Protection**

To prevent further injury, you must limit your activities. *Let pain be your guide.*

Do not attempt any activity that causes more than mild discomfort. Use your Active Ankle® brace while you are active. Only take your Active Ankle® brace off while you are icing and in a non-weight-bearing position, or at rest. If you are using crutches, continue to use them until you can walk without pain or a limp. Gradually increase the amount of weight you place on your ankle (only if there is no pain) and progress to one crutch, placed on the opposite side of your injury before discontinuing entirely.

#### **2. Rest**

You may need to decrease your activity somewhat. This is in order to give your injury time to heal. Premature activity may lengthen your recovery time.

#### **3. Ice**

Apply ice to injured area in any of the following ways:

- a. Immerse in ice water (no longer than 20-25 minutes)
- b. Massage with ice cups (made with a paper cup, 7-10 minutes)
- c. Apply ice bag (ice in plastic bag, no longer than 20-25 minutes) There should be at least 30 minutes between each icing session. You can ice your ankle 4 to 8 times a day. You may decrease your icing sessions as your pain and swelling lessen.

#### **4. Compression**

To help reduce swelling, use an elastic wrap around the ankle. If discomfort is noticed from wearing the wrap, loosen or discontinue.

#### **5. Elevation**

You should elevate your ankle above the level of your heart as often as possible, especially when using ice.

#### **Note**

You must consult your physician before following these injury-care guidelines. Your injury may be too severe to undertake the specific exercises outlined in this protocol. If your ankle injury has not been evaluated by a medical professional, do not go beyond Phase I.