

PRICE PRINCIPLE

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The "PRICE" principle is widely used in treatment and triage of many types of injuries. Earlier known as RICE, it has been updated to include Protect. (Protect, Rest, Ice, Compression, and Elevation). Get immediate professional treatment if any injury is severe. A severe injury means having an obvious fracture or dislocation of a joint, prolonged swelling, or prolonged or severe pain.

PROTECT: When injury occurs in athletics or just daily living the body has built-in protection mechanisms that help support the area (like muscle spasms). As we triage ourselves or our patients it is important to take precautions and make arrangements to help protect the injured area from further harm. These devices include braces, splints, ace bandages, slings, casts, crutches and in severe trauma backboards and cervical collars.

REST: Reduce or stop using the injured area for 48 hours. Resting allows for proper restoration of blood flow, decreasing or controlling of the inflammation and the monitoring of vital signs. If you have a leg injury, you may need to stay off of it completely. If immediate care is not available, immobilize the area and see a doctor for proper diagnosis.

ICE: This will help decrease the swelling, inflammation and help control the pain naturally. Put an ice pack on the injured area for 10-20 minutes at a time, 4 to 8 times per day. Use a cold pack, ice bag, or a plastic bag filled with crushed ice that has been wrapped in a towel

COMPRESSION: Compression of an injured area helps to immobilize it and help keep the swelling to a minimum. If too much swelling occurs more tissue damage may be done. Compression wraps include compression clothing/garments, bandages such as elastic wraps, special boots, air casts and splints. Ask your doctor which one is best.

ELEVATION: Keep the injured area elevated above the level of the heart. Use a pillow to help elevate an injured limb. This also helps to keep the swelling down to prevent further tissue damage.



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