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RECOMMENDATIONS FOR TREATMENT OF ACUTE JOINT INJURIES

Traumatic injury of a joint may require special attention in the emergency room or by an orthopedist, but the simple and first principles of managements are

exemplified by the acronym **R.I.C.E.**

Rest—Reduce or eliminate activity or pressure on the joint involved

Ice—Cool the joint topically with ice. 20-30 minutes at a time, very cold, but not enough to cause a skin burn...do be careful of this

Compress—Wrap the joint with an ACE bandage to reduce swelling in the first 24 hours.

Elevate—Keep the joint above heart level if possible. This will decrease swelling and pain and will give a better short-term result.