



Fill in the words from the list below:

reduce apply injured
crutches wrapping
ease pain treat
raise go down

You've just sprained your ankle and you're experiencing a shooting
1 _____ up your leg. What do you do? You can 2 _____ your ankle using the **RICE** Method.



R is for rest. You need to rest the injured ankle in order to reduce the pain and avoid further injury. Your doctor may advise you to use 3 _____ so that you don't place any weight on your foot.

I is for ice. You can 4 _____ an ice pack to the ankle for 15 minutes which will help 5 _____ the pain and 6 _____ the swelling. Repeat the procedure every two hours.

C is for compression. 7 _____ your ankle up with a bandage provides support and helps the swelling 8 _____.

E is for elevation. Put your foot up and let someone else wait on you! If you 9 _____ your foot, it reduces bleeding and swelling by allowing fluid to flow away from the 10 _____ area.

R I C E



Rice • Ice • Compression • Elevate