RICE Treatment

Grade 6

1. The injuries to muscles are _____.
2. The injuries to joints are _____.
3. The Letter "R" in RICE stands for? _____.
4. What should be done during the "I"?_____.
5. What must be done during the "R" period?_____
6. Why is the "R" important?_____.
7. The "E" means to elevate. Why is this done?_____.
8. The letter "C" means _____.
9. Bandaging or wrapping of the injury is done at the _____ stage.
10. The "I" is used to _____.

Match the pictures to the appropriate word.



compression



rest



elevate



injury



ice

LIVEWORKSHEETS