



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