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Orthopedic, Sports & Manual Therapy

P.R.I.C.E

To maximize your healing potential after an injury, it is extremely important to minimize the swelling and inflammation processes within the first 72 hours, with the goal of creating an optimal healing environment, allowing the injured tissue to heal efficiently. Please remember the acronym **PRICE**:

P = **P**rotect the area or joint by wearing a brace and/or possibly using crutches. **Aces Physical Therapy** can provide you with a quality brace, which may be covered by your insurance.

R = **R**est the area. “No Pain No Gain” does NOT apply. An injured area will heal ONLY if it is allowed to. Resting the injured area is essential.

I = **I**ce the area, no longer than 20 minutes at a time, and no more than once an hour. Never put ice/cold-packs directly on your skin. Wrap them in a thin towel or pillowcase. Large surface area contact is preferred. **Aces Physical Therapy** can supply you with a sufficiently sized cold pack.

C = **c**ompression. Apply a compressive wrap, neoprene sleeve, or brace to the area to minimize continued swelling. **Aces Physical Therapy** can provide you with appropriately sized compression wraps with proper application instruction.

E = **E**levate the injured joint or limb, minimizing the negative impact of gravity. Optimally, elevate to above heart level if possible. This will allow gravity to assist in reducing the swelling, as opposed to working against it.

This is a general guideline to follow after experiencing an acute injury. It will get you heading into the right direction. NEVER use heat packs or a hot tub within the first 72 hours following an injury. Wait until day 4 at a minimum. If you are unable to bare weight thru a limb following an injury, are experiencing numbness, or have excessive swelling, you may need to go to the ER. If you are unsure, or ever have any questions or concerns about managing an acute injury, feel free to contact **Aces Physical Therapy** with any questions.