

# The Soccer Injury

The RICE Procedure for a Sprain

# The Injury on the Field



- ▶ Jamie was playing in his first collegiate soccer game, when a player from the other team slide tackled him instead of the ball.
- ▶ Jamie's right foot rotated awkwardly in, as his ankle rolled out. He fell to the ground in pain.
- ▶ The team's trainer approached the field where Jamie was down. The trainer asked Jamie what happened, and Jamie explained. The trainer had Jamie leave his shoe on until they could get him to the team bench and get a bag of ice.



# At the Bench

- ▶ The trainer had Jamie sit on the ground with his leg propped up on the bench so the injured ankle would be elevated above his heart. This allows the blood to flow back toward the heart instead of pooling in and around the injured area. This is E in the RICE Procedure.
- ▶ The trainer insisted that Jamie not take his shoe off, until he (the trainer) returned with an ice bag. The trainer explained, that keeping the shoe on would create compression to help keep the injured area from swelling. This is C in the RICE Procedure.



# Caring for the Sprain

- ▶ The trainer returned with a bag of ice and an ACE bandage.
- ▶ He then removed Jamie's shoe, leaving his sock on, and put the ice on the injured area.
- ▶ The trainer then took the ACE bandage and started wrapping Jamie's foot from the edge of the toes up to over the injured area, and around the ice. He told Jamie that wrapping the injury towards the heart would help move the blood back to the heart, creating compression to help minimize swelling. This again is the C in the RICE Procedure.



# Caring for the Sprain

- ▶ The trainer had Jamie leave the ice on the injured area for 15-20 minutes. This is the I in the RICE Procedure.
- ▶ After 20 minutes expired, the trainer unwrapped Jamie's ankle and removed the ice. He then rewrapped the ankle without ice, and upward from the toes toward the heart to create compression.
- ▶ The trainer told Jamie he would have to continue sitting there for another 20 minutes since the ice had numbed the injured area. Getting up and putting pressure on the injured area could cause more damage to the injured area.



# The Rest of the Game

- ▶ The trainer checked Jamie's ankle after 20 minutes and determined that Jamie needed to sit out the rest of the game.
- ▶ The trainer told Jamie that for the next 2-3 days, he should take it easy and rest the injured area in order to minimize swelling. This is the R in the RICE procedure.
- ▶ The trainer also told Jamie that he should keep the injured area wrapped, and ice 3 to 4 times a day no more than 20 minutes for the next 2-3 days.



# Rehabilitated

- ▶ After resting, icing, compressing, and elevating for three days. Jamie and the trainer began working on strengthening the injured area with different exercises.
- ▶ Within a week, Jamie was back on the soccer field scoring goals and helping his team win.

