

## POST-INJURY RECOVERY GUIDELINES FOR SPRAINS AND STRAINS

### ACUTE PHASE – 24 – 48 HRS AFTER INJURY – R.I.C.E

- ◆ R = REST
- ◆ I = ICE
- ◆ C = COMPRESSION
- ◆ E = ELEVATION

### POST-ACUTE PHASE – 48 HRS AFTER INJURY – M.I.C.E

- ◆ M = MOBILISATION
- ◆ I = ICE
- ◆ C = COMPRESSION
- ◆ E = ELEVATION

For optimum results it is recommended that therapeutic massage form a regular part of ones health maintenance programme.

Please note that it is a legal requirement for Therapeutic Massage Therapists to be registered with the Allied Health Professions Council of South Africa.



Massage Therapy Association – SA  
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