First Aid

The success of injury healing can be boosted by appropriate and timely action particularly in the early stages of an injury. The inflammatory reaction is something which should be treated immediately. Tissue injury often involves damage to small blood vessels resulting in bleeding at the site of injury. This bleeding leads to 4 main signs of inflammation;

1. Heat
2. Redness
3. Pain
4. Swelling

To boost the healing processes of an injury follow the PRICE Protocol;

Protect
Protect the injured tissue from undue stress. Take body weight away from injured area. For more serious injuries use bandaging or splinting applied by a qualified 1st aider. Complete immobilisation isn't usually required or desirable.

Rest
Rest reduces any unnecessary blood flow to the injured area, ensures protection and optimises healing. Use crutches, slings or sitting/lying down. Rest should begin immediately after the injury and for 3-5 days following – depending on the severity. Complete rest isn't necessary but movements need to be controlled.

Ice
Apply ice immediately following an acute musculoskeletal injury. Use crushed or chipped ice, frozen gel pack or a bag of frozen peas. Ice can burn so place a damp towel between the skin and the ice pack. Ice therapy should be applied for 20mins and no longer every 3-4 hours. Check the skin every 5 minutes – if skin becomes white stop using ice and use cold, damp towel instead. Ice will help limit bleeding and reduce the accumulation of unnecessary blood protein.

Compression
Apply a compression bandage such as Tubigrip to limit the unnecessary accumulation of inflammatory fluid and ultimately over production of scar tissue. Apply compression as soon as possible following the injury and continue for the first 72 hours.

Elevation
Elevate the injured area as soon as possible following injury and for the first 72 hours. Elevation will lower the blood pressure and therefore limit bleeding encourages drainage of fluid through the lymphatic system.