

## Rest

## Ice

## Compression

## Elevation

For the first **48 hours** in **95%** of injuries there is **no other treatment**

Ice to be applied for a **maximum of 20 minutes** only, leaving at least **2 hours** between each application

Soft tissue fibres (Muscle, ligaments and tendons) cannot regenerate and are replaced by scar tissue that weakens soft tissue and forms palpable nodules.

Recent soft tissue injuries (Within 48 hours) **CANNOT BE:-**

**Run Off**

**Heated Away**

**Massaged Away**

**Stretched Pulled or Manipulated Away**

**Electronically Stimulated or Injected away**

Anyone attempting such, unless appropriately qualified, should themselves be sent away, **rapidly!**

**Dangers of soft tissue, in particular muscular injury:**

- **Weakness** of scar and recurrent tearing
- **Cyst** formation or **Haematoma** (Blood Clot)
- **Infection** of Haematoma
- **Adhesion** of scar to other muscles, bone or tendon limiting mobility and full extensibility
- Myositis Ossificans, formation of **bone** from the Haematoma. The bony lumps are difficult to excise (Cut out) and can ruin a sporting career

**Stretching and flexibility**

Stretch each muscle in turn by **slowly** going towards your limit. Hold the stretch at the point of resistance **do not go as far as pain**. Keep relaxed breath normally, do not compete with anyone. **Never bounce** any joint - you may see bouncing stretches performed at the beginning of the 100m final in the Olympics, but these are specific stretches particular to that event and bio-mechanics