

Protocol for Immediate Injury

P

PROTECTION

Improving your warm up routine and using proper form will prevent further injury

R

REST

Allow your injury time to heal

I

ICE

Applying ice indirectly to the injury site will reduce the pain and inflammation

C

COMPRESSION

Wearing a counterforce brace will spread pressure and ease pain away from the injury.

E

ELEVATION

Elevating the injured area while applying ice will reduce swelling.