

# Step-by-Step: Using RICE

Using RICE, R-I-C-E.

R, rest by lying on your back.

I, ice the injured body part by wrapping an ice pack in a thin towel and draping it over the area for 20 minutes.

C, compress the injured area by tightly wrapping it in a brace or bandage.

E, elevate the injured area by propping it up, so that it's lifted above where your heart is in your chest.

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