



**Inverurie Chartered Physiotherapy & Podiatry**

**Clinic** agregó 2 fotos nuevas.

14 min · 🌐

👍 Indicar que te gusta como tu página

Great night yesterday talking with some fabulous young athletes at Beacon Rhythmic Gymnastics Club. Here is Tina talking all things nutrition. Take home message last night about injury prevention is think POLICE!! Infographic by LaFisioterapia.net - En

### ACUTE INJURY MANAGEMENT

**BEFORE**

**RICE**

- REST
- ICE
- COMPRESSION
- ELEVATION

**PRICE**

- PROTECTION
- REST
- ICE
- COMPRESSION
- ELEVATION

**NOW**

**POLICE**

- PROTECTION
- OPTIMAL LOADING
- ICE
- COMPRESSION
- ELEVATION

Designed by @Fisioterapia.net C. M. Bleakley et al. BJSM 2018

