



**Inverurie Chartered Physiotherapy & Podiatry**

**Clinic** agregó 2 fotos nuevas.

14 min · 🌐

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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

PRICE

REST  
ICE  
COMPRESSION  
ELEVATION



PROTECTION  
REST  
ICE  
COMPRESSION  
ELEVATION



NOW

POLICE

PROTECTION  
OPTIMAL  
LOADING  
ICE  
COMPRESSION  
ELEVATION



Designed by @Lafisioterapia.net C. M. Donley et al. BJSM 2018

