

**Treating inflammation with PRICE - immediately after injury and for 3-5 days afterwards**

Tissue injury usually involves damage to small blood vessels that results in bleeding at the site of injury. This bleeding leads to the five main signs of inflammation: heat, redness, swelling, pain and loss of function. The inflammatory reaction is necessary as it is part of the natural healing process. However the body tends to overreact to sudden traumatic injury and as a result more

inflammatory fluid accumulates than is necessary for healing. This fluid contains a protein that turns into replacement 'scar' tissue. Too much scar tissue may prevent the structure returning to normal function with reduced flexibility and increased risk of re-injury. The advice below should be followed for 3-5 days depending on severity. It can be remembered by the acronym **PRICE**.

- **PROTECT** - Protect the injured tissue from undue stress that may disrupt the healing process and/or cause further injury. Make sure the mode of protection can accommodate swelling.
- **REST** - This reduces the energy requirements of the area, avoids any unnecessary increase in blood flow, ensures protection of the area and optimises healing. For example using slings, crutches or static rest (ie. sitting or lying down).
- **ICE** - The ice helps constrict the local blood vessels and reduces cell activity which helps limit bleeding and reduce the accumulation of unnecessary scar tissue. Crushed ice wrapped in a damp towel (to prevent ice burn) is best (ice cubes can be wrapped in the cloth and smashed against a wall to crush the cubes). Ice should be applied immediately after injury for 20 minutes every 3-4 hours or no more than 5-10 minutes at a time on bony areas.
- **COMPRESSION** - Simple off-the-shelf compression bandages such as Tubigrip™ and adjustable neoprene supports are adequate. It is important to ensure the bandages are not too tight to cause pins and needles or any loss of feeling around the joint.
- **ELEVATION** - For the greatest effect, the injured part should be higher than the level of the heart. This helps lower the blood pressure, limit bleeding and encourage drainage of fluid through the lymphatic system.

When following **PRICE** it is also important to avoid **HARM**, hence the saying: 'Give **PRICE** and avoid **HARM**'.

**AVOID**

- H - Heat (eg. hot bath, sauna)
- A - Alcohol
- R - Running
- M - Massage

these are counter-productive to **PRICE** treatment

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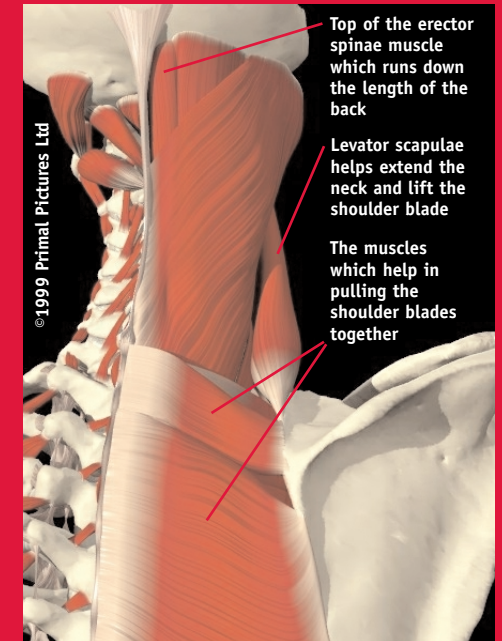
**STRETCHING THE**

**NECK, SHOULDERS AND TRUNK**

**WHY STRETCH**

Due to our increasingly inactive and deskbound lifestyles resulting from our growing use of computers and labour saving devices such as remote controls and cars, the incidence of postural problems has risen dramatically over the last 20 years. Avoiding bad postural habits while sitting at a computer or using the phone is very important. Most back and neck problems occur due to weaknesses and imbalances in the muscles used to maintain the shape of your spine. These include your neck, back, shoulder and stomach muscles.

This leaflet includes a few stretches designed to keep your muscles flexible and in good balance with each other. It is a good idea to do three or four stretches every hour, particularly if you spend a lot of time sitting during your day. It is also important to make sure that your chair, desk and computer are set up correctly so that you are not altering your posture to compensate for a bad working position. If you think this may be the case, speak to your occupational health



department, nurse or physiotherapist at your place of work. They will help with advice and, where appropriate, equipment modifications.

**NECK EXERCISES**

(you can remain seated while carrying out these stretches)

**1. Neck rotation**

Sit up straight and keeping your shoulders and body in position, turn your head slowly to look to your right and then slowly to your left. Try and increase your range of movement but you should at no time stretch to a point of pain. Repeat this exercise 10 times.

**2. Neck tilting**

Sit up straight and tilt your right ear towards your right shoulder without lifting your shoulder upwards to meet your ear and without rotating your head. Then repeat this stretch on the left hand side. Repeat the whole process 10 times.

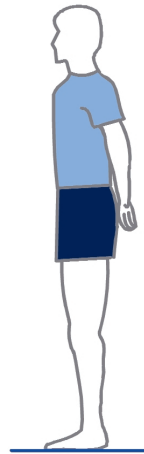
**3. Neck flexion and extension**

Sit up straight and drop your chin towards your chest, maintain this position for 5 seconds. Then slowly tilt your head backwards so that you are looking up at the ceiling. Again at no point should you feel any pain, if you do then stop the stretch a little earlier ie. before you feel the pain. Repeat the whole process 10 times.

**SHOULDERS AND ARMS**

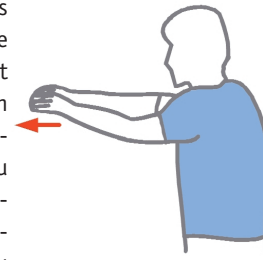
**1. Chest and front shoulder stretch**

Stand up straight, clasp your hands together behind your back, push your chest forwards (make sure to keep your back straight during the stretch) and clench your shoulder blades together so that your shoulders are pulled backwards. Hold this position for 5 seconds and repeat the exercise 10 times.



**2. Upper back and rear shoulder stretch**

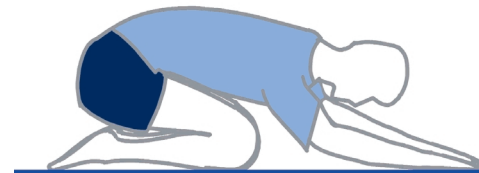
Stand up straight, clasp your hands together this time straight out in front of your face. Then push your arms further away from you (this will be a relatively small movement) so that you feel a stretch across your shoulder blades. Remember to keep a straight back while you do this and do not be tempted to slouch forward. Hold this position for 5 seconds and repeat the exercise 10 times.



**BACK STRETCHES**

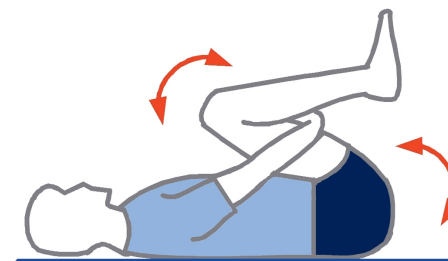
**1. Forward kneeling stretch**

Bend down with your weight spread equally through your knees and hands. Bend your knees and sit back on your heels leaving your hands out in front as in the diagram. Drop your shoulders and relax. Repeat this stretch 10 times.



**2. Supine knees-to-chest lower back stretch**

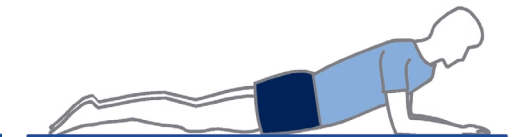
Lie on your back so you are looking up at the ceiling. Slowly hug one, or preferably both knee(s) into your chest and hold it there for 10 seconds. You can try rocking forwards/backwards or side-to-side keeping your head on floor and generating a gentle rhythm if you feel comfortable. Stretch out flat again and repeat this process 5 times.



**STOMACH MUSCLE STRETCHES**

**1. Stomach muscle stretch**

Lie face down. Prop yourself up onto your elbows and gently straighten them until you feel a stretch in your stomach. Hold that position for 10 seconds. Repeat this stretch 10 times.



**2. Stomach muscle stretch**

Turn over to lie on your back. Bend your knees up so that your feet are flat on the floor. Keeping your knees bent, lower them gently to your right hand side (so that they are resting on the floor if comfortable). Then place your arms on the opposite side so you are almost in a Z shape. Hold this position for 10 seconds and repeat the exercise on the other side so that your knees are now on your left and your arms on your right. Hold for 10 seconds and repeat the whole process 5 times on each side.



PRACTITIONER CONTACT DETAILS