RICER & NO HARM GUIDE

SPORTS MEDICINE AUSTRALIA

Management:
For the first 48-72 hours

RICER

- **R**est
- **I**ce
- **C**ompression
- **E**levation
- **R**eferral & Record

No HARM

- **NO**
- **H**eat
- **A**lcohol
- **R**unning
- **M**assage

CONTACT:

For more information, email us at
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