

The infographic is set against a light orange background. At the top, the letters R, I, C, and E are written in large, bold, red font. Below each letter is an illustration: a foot with a red injury and a white bandage for 'R'; several blue ice cubes for 'I'; a brown foot with white bandages wrapped around it for 'C'; and a person's leg propped up on pillows for 'E'. Below each illustration is a short paragraph of text in red and black. In the bottom left corner of the infographic is the 'verywell' logo.

R

I

C

E

Rest
the injured
area for 48 hours

Ice
for 20 minutes
at a time,
4 to 8 times
per day

Compress
to help
reduce swelling

Elevate
the injured limb
6 to 10 inches
above the heart

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