

Injury First Response

Body & health

Why RICE has been replaced, and what the current guidance is.

The old advice — RICE

- Rest, Ice, Compression, Elevation
- Reasonable for the first 24–48 hours
- Prolonged rest is now discouraged
- Ice mainly helps pain, not healing

Current — PEACE & LOVE

- Protect, Elevate, Avoid anti-inflammatories, Compress, Educate
- Then: Load, Optimism, Vascularisation, Exercise
- Gentle loading early
- Return to movement progressively

THE DIFFERENCE THAT MATTERS

Inflammation is part of healing. Suppressing it hard and immobilising for weeks can slow recovery.

Educational reference. Get an assessment for severe pain, obvious deformity, or inability to bear weight.