

- **PROTECT** – Protect the injured tissue from undue stress that may disrupt healing, and/or cause further injury. Make sure the mode of protection can accommodate swelling.
- **REST** – This reduces the energy requirements of the area, avoids unnecessary increase in blood flow, ensures protection of the area and optimises health.
- **ICE** – Help constrict blood vessels thereby limiting bleeding and reducing accumulation of unnecessary scar tissue. Crushed ice wrapped in a damp towel (to prevent ice burn) is best. It should be applied immediately after injury for 20 minutes, then every 3-4 hours. It should be applied for a maximum of 5-10 minutes over bony areas.
- **COMPRESSION** – Use of comprehensive bandaging or Tubigrip.
- **ELEVATION** – Lowers the blood pressure at the area and helps limit bleeding.

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

### **Avoid:**

### **HARM**

- **H** – Heat (e.g. Hot bath, sauna)
- **A** – Alcohol
- **R** – Running
- **M** – Massage

These are all counter-productive to PRICE treatment.



# OSTEOARTHRITIS (OA) KNEE

Member of the Chartered Society of  
Physiotherapists

Registered with the Health Professions  
Council

Member of the Acupuncture Association  
of Chartered Physiotherapists

Member of the Society of Orthopaedic  
Medicine

6 Springfields Close  
Colden Common  
Winchester  
SO21 1SU

08451 566218 or  
Mob: 07595 172559

[enquiries@pro-physio.co.uk](mailto:enquiries@pro-physio.co.uk)

[www.pro-physio.co.uk](http://www.pro-physio.co.uk)