

*When you hurt-We care*

503-266-2997  
178 SW 2<sup>nd</sup> Canby OR 97013

TREATMENT OF NEW INJURIES

Remember **PRICE**

**P**rotect: splint, cast, crutches

**R**est: limit activities, but pain free movement is helpful

**I**ce: 15-20 minutes every hour for the 1<sup>st</sup> 48 hours

**C**ompress: Ace wraps limit swelling and give support

**E**levate: when possible raise affected body part above heart

Appropriate Chiropractic/Massage treatment can begin immediately