

PRICE Protocol

- P (Protect)** – Protect the affected area with a special shoe, brace or cam walker. Sometimes crutches, a walker or a wheelchair are necessary.
- R (Rest)** – Stay off the affected foot as much as possible.
- I (Ice)** – For the first 72 hours after an injury use ice only. 30 minutes on and 30 minutes off while you're awake. Then after 72 hours use 15 minutes of heat (warm water or heating pad) followed by 15 minutes of ice 2-4 times per day.
- C (Compression)** – Compression with an ace wrap bandage, brace or support hose helps keep the swelling down.
- E (Elevation/Exercise)** – Elevation above hip, ideally heart, level as much as possible to reduce swelling.
- Exercise is **NON-WEIGHT BEARING** and can help maintain muscle strength and stimulate healing at the site of injury.