

KNOWLEDGE IMPROVEMENT
FIRST AID ANKLE INJURY WITH RICE METHOD IN
ATHLETE WITH POCKET BOOKS

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SUMMARY

Background: *The high number of ankle injuries experienced by athlete. One of the most commonly known first aid efforts for ankle injuries is to use the RICE (Rest, Ice, Compression, Elevation) method. The delivery of information about health can be done in various ways, one of which is by using printed media in the form of a pocket book.* **Objective:** *The purpose of making this pocket book media is expected to increase knowledge about increasing knowledge of ankle injury first aid with the RICE method for athlete with pocket books.* **Method:** *The selected IEC media is a pocket book. Pocket books are chosen as IEC media because they have several advantages. The pocket book was made by taking into account the guidelines from the University of 'Aisyiyah Surakarta.* **Result:** *The KIE media is in the form of a pocket book entitled "Increasing knowledge of ankle injury first aid with the RICE method for athlete with a pocket book". The pocket book contains materials on first aid, ankle injuries, the RICE method.* **Conclusion:** *A pocket book entitled "Increasing knowledge of ankle injury first aid with the RICE method in athlete with a pocket book" was chosen as a health promotion media targeting health practitioners, especially physiotherapists and the public, especially athlete.*

Keywords: *first aid, ankle injury, RICE method*