

**IMPLEMENTATION OF INITIAL INJURY MANAGEMENT USING THE
RICE METHOD**

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SUMMARY

Background: *In these days, recreational sports have grown rapidly with increasing public awareness of healthy lifestyles. Athletes often suffer sports injuries, whether during training or competition. Injury can also be called an abnormality in the body tissue that results in the appearance of a feeling of heat, swelling, redness and the occurrence of reduced function in the joints, muscles, ligaments, bones and tendons. Action by the authorities can result in more serious injuries and will affect individual performance.* **Objective:** *Improve understanding for community about the application of early injury management using RICE methods.* **Method:** *The method applied is the KIE media in the form of booklets. This booklet is made based on guidelines established by the University of 'Aisyiyah Surakarta. The media booklet was chosen because it has various advantages.* **Result:** *This KIE printed booklet can be distributed directly to society, physiotherapists, physiotherapy students.* **Conclusion:** *As a media of promotion, information and education for physiotherapists and athletes on "Initial Injury Management Using RICE Methods".*

Keywords : *Injury, RICE.*