

# Tips for Pain Relief at Home



Whether on the playground or sports arena, finger, hand, wrist or elbow injuries are common. For immediate treatment at home follow these tips:

- 1. Apply heat and cold.** Use a hot compress for stiffness and a cold compress for swelling.
- 2. Take over-the-counter pain medication.** Ibuprofen or aspirin can provide occasional or short-term relief.
- 3. Use a splint to stabilize your joints and avoid further injury.**

- Tape injured finger to another finger to promote stabilization
- Wear a wrist brace to reduce rotation
- Use an elbow immobilizer to limit bending at the joint



#### 4. R.I.C.E.

- **Rest:** Stop using injured body part to prevent further injury
- **Ice:** Keep damp or dry cloth between skin and ice pack. Apply ice every hour for 10 to 20 minutes at a time.
- **Compression:** Wrap injury with bandage or cloth firmly but not too tight. Don't leave bandage on while you sleep.
- **Elevate:** Use objects or pillows to elevate injured body part above the heart level.

