3.12 Treating Sporting Injuries: The RICE Method and Immediate Care: 10-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer all questions. Write full sentences for questions worth 3 marks or more. Aim to complete the pack in 40 minutes.

1 In the context of immediate care after a sprained ankle during a five-a-side football match, which one of the following lists the four stages of the RICE method in the correct order?

- ☐ A) Rest, Ice, Compression, Elevation
- ☐ B) Ice, Rest, Elevation, Compression
- ☐ C) Compression, Rest, Ice, Elevation
- ☐ D) Elevation, Compression, Ice, Rest

(Total for Question 1 is 1 mark)

2 State the 'Rest' stage of RICE as it should be applied immediately after a player twists an ankle in a five-a-side match.

(Total for Question 2 is 1 mark)

3 Explain why you should avoid applying ice directly to the skin of an injured thigh muscle, and state the correct way to apply cold therapy immediately after a strain.

(Total for Question 3 is 2 marks)

© Revision Library | revisionlibrary.co.uk

4 A player complains of persistent tingling in their foot after a badly twisted ankle. Describe two immediate concerns this symptom raises and a simple action to take for each concern.

(a) Concern 1 and action **(1)**

(b) Concern 2 and action **(1)**

(Total for Question 4 is 2 marks)

---

5 Identify two things you should do to avoid making a suspected fracture worse immediately after a collision on the rugby pitch.

(a) Thing 1 **(1)**

(b) Thing 2 **(1)**

(Total for Question 5 is 2 marks)

© Revision Library | revisionlibrary.co.uk

6 State one limitation of RICE when used on a severe open wound or compound fracture on the field.

(Total for Question 6 is 1 mark)

---

7 Match each RICE stage to its immediate purpose in limiting swelling and further damage after a twisted ankle during a five-a-side match. Provide one short purpose for each stage.

(a) Rest: give the immediate purpose for resting the injured ankle on the sideline. **(1)**

(b) Ice: give the immediate purpose for applying a cold pack to the ankle. **(1)**

(c) Compression: give the immediate purpose for using an elastic wrap on the ankle. **(1)**

(d) Elevation: give the immediate purpose for raising the ankle above heart level. **(1)**

(Total for Question 7 is 4 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 3.12 Treating Sporting Injuries: The RICE Method and Immediate Care: 10-minute Pack

Question 1

A **B1**

Answer: A (Rest, Ice, Compression, Elevation)

Question 2

stop activity and avoid putting weight on the injured limb **B1**

Answer: Stop activity and avoid putting weight on the injured limb, keeping the area still.

Question 3

direct ice can cause skin damage/frostbite or further tissue injury **B1**

use a cold pack or ice wrapped in a cloth and apply for short periods with breaks **B1**

Answer: Direct ice can cause skin damage or frostbite; use a cold pack or ice wrapped in a cloth and apply it for short periods with breaks to reduce swelling safely.

Question 4

(a) possible nerve injury, so immobilise and seek medical assessment **B1**

(a) Answer: Possible nerve injury, so immobilise the limb and arrange medical assessment.

(b) possible circulation compromise, so check pulses and capillary refill and call for help if reduced **B1**

(b) Answer: Possible circulation compromise, so check distal pulses and capillary refill and call for help if circulation seems reduced.

Question 5

(a) do not move the injured limb unnecessarily **B1**

(a) Answer: Do not move the injured limb unnecessarily.

(b) immobilise the area and call for qualified medical help **B1**

(b) Answer: Immobilise the area in the position found and call for qualified medical help.

Question 6

RICE is not suitable because it does not treat bleeding or protect exposed bone, and professional emergency care is needed **B1**

Answer: RICE is not suitable because it does not control heavy bleeding or manage exposed bone; emergency professional care is required.

Question 7

(a) prevents further tissue damage and reduces blood flow to the area **B1**

(a) Answer: To prevent further damage and reduce stress and blood flow to the injured tissues.

(b) reduces pain and causes vasoconstriction which limits swelling **B1**

(b) Answer: To reduce pain and cause vasoconstriction that limits swelling.

(c) applies pressure to reduce fluid build-up and swelling **B1**

(c) Answer: To apply pressure that reduces fluid accumulation and swelling.

(d) uses gravity to help venous return and reduce swelling **B1**

(d) Answer: To use gravity to help venous drainage and reduce swelling.

© Revision Library | revisionlibrary.co.uk