



Hemophilia Treatment Center Physical Therapy Collaborative

P.R.I.C.E. What's the best way to treat a joint bleed or injury?

First aid treatment for joint bleeding to help stop bleeding, manage swelling, and reduce pain.

PROTECT: Limit joint movement/weight bearing to avoid further injury and help stop bleeding.

- Use an arm sling, brace, or a splint to support an arm or leg and limit movement.
- Use assistive devices such as crutches or a walker to help decrease or avoid putting weight on a painful leg or foot.

REST: Stop using the joint for activities for the first 24 - 48 hours to limit pain and bleeding

ICE/COLD PACK: Apply for 15-20 minutes every 2-4 hours as needed for pain relief

- Don't apply directly to the skin

COMPRESSION: is used to reduce swelling and to help stop the bleeding.

- The bandage should be snug, but loose enough to easily slide a finger under the wrap.
- Additional Compression Wrapping Instructions are available

ELEVATION: Elevate the joint while resting in the first 24-48 hours to help manage swelling.

- Ideally elevate the arm or leg above the level of your heart.



- Implementing **P.R.I.C.E.** for the first 48 hours is an important step in the management of a Bleed.
- Remember it is important to do all five elements of **P.R.I.C.E.** to ensure a speedy recovery.
- **BUT** all the elements can be done at the same time; you don't have to do them one at a time.

Prepared and reviewed by the Hemophilia Treatment Center Physical Therapy Collaborative. Original (06/01/2021)

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