

Fullerton Foot and Ankle Specialists  
DALE M. ROSENBLUM, DPM    ERIC B. NAASZ, DPM

**R.I.C.E.:**

**Rest:** Stay off the injured (foot/ankle). Walking may cause further injury.

**Ice:** Apply an ice pack to the injured area, placing a thin towel between the ice and the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.

**Compression:** An elastic wrap should be used to control swelling.

**Elevation:** The (foot/ankle) should be raised slightly above the level of your heart to reduce swelling.

704 N. HARBOR BLVD  
FULLERTON, CA 92832

Dr. Rosenblum: 714-525-8282  
Dr. Naasz: 714-525-0225  
Fax: 714-525-0141  
*FullertonFootandAnkle.com*