



**CIBD**

Center For Inherited Blood Disorders

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## **PRICE = Protection + Rest + Ice + Compression + Elevation**

**PRICE** are recommendations to be used in addition to factor infusions as recommended by your medical provider.

General first aid treatments for joint and muscle bleeds or other injuries to help stop bleeding, manage swelling and reduce pain.

**PROTECT** the affected area by limiting movement and weight bearing to avoid further injury and help stop bleeding.

- Use an arm sling, brace, or a splint to give support to 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.

**Note:** Contact your Hemophilia Treatment Center for recommendations if you don't have these items at home.

**REST** the affected area to help stop bleeding, manage pain, and limit swelling.

- Stop using the involved arm or leg for at least 24 to 48 hours.

**Note:** It may be necessary to restrict activity for several days longer depending on the location and severity of the bleed.

**ICE/COLD PACK** may be used to reduce pain.

- Apply a small bag of ice or cold pack to the affected area as needed for 15-20 minutes every 2-4 hours, for up to 48 hours or longer for more severe bleeds.

**Note:** Wrap a paper towel or thin cloth around the ice bag or cold pack to avoid direct contact on the skin.

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

- Wrap the affected area with an elastic bandage.
- Start wrapping below the area of swelling in an X-cross pattern, NOT in circular layers.
- The bandage should be snug, but loose enough to easily slide a finger under the wrap.

**Note:** DO NOT use an elastic bandage if you have any numbness or tingling, severe pain, or if your skin feels cool below the site of swelling. Muscle bleeds can put pressure on nerves and blood vessels which may require immediate medical intervention to prevent permanent damage. Call your medical provider if you have these symptoms.

**ELEVATION** is used to help reduce and resolve swelling.

- Keep the injured leg or arm elevated as much as possible in the first 24-48 hours.

**Note:** Ideally elevate the arm or leg above the level of your heart.

*This Patient Education Handout was prepared and reviewed by the Western and Mountain States PT Working Group as a quality improvement initiative to standardize educational materials: Final-8/30/2018*

**References:** *GUIDELINES FOR THE MANAGEMENT OF HEMOPHILIA* e31© 2012 Blackwell Publishing Ltd Haemophilia (2013), 19. *PT PRACTICE GUIDELINES FOR PERSON'S WITH BLEEDING DISORDERS: Joint Bleeds/Muscle Bleeds*, MASAC Document #204, National Hemophilia Foundation. Steps for living: Education for all Stages: <https://stepsforliving.hemophilia.org/basics-of-bleeding-disorders/treatment-basics/prompt-treatment-is-important#firstaid> (retrieved 10/05/2016)