

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

R.I.C.E.R.

Whenever you experience a 'Sharp Muscle Pain' (indication of injury) one must take immediate and decisive action. Your '555 TEAM' suggest that you '**R.I.C.E.R.**' it! For how long? 48 to 72 hours! That is longer than a few moments just to let the pain subside!

This is an 'Acronym' which stands for '**Rest, Ice, Compression, Elevation and Referral**'.

If you feel the sharp burn or sting of a 'Soft Tissue Injury' ('STI')

STOP IMMEDIATELY !

Relax as much as you can. Promptly procure and apply '**ICE**' 20 minutes ON and 20 minutes OFF. Why '**ICE**'? Ice slows swelling and also increases the autonomic response to 'Increasing Circulation'. When the body senses a drop in temperature, it sends warm blood to correct the issue. This means increased circulatory benefits.

Even while 'ICING' '**Apply Pressure**' ('Compression') with the 'ICE' and '**Elevate**' the injured 'Part or Component' right away. Why 'Apply Pressure'? To prevent or minimize initial swelling, which is a substantial disadvantage. Many athletes ignore these principles and discipline during the very early stages of an injury. They pay dearly soon thereafter. The greater the 'Swelling' the longer the 'Recovery Period'! Swelling prevents 'Circulation' which is essential to healing. Why 'Elevation'? Blood and fluids run downhill! This gravitational advantage helps prevent, reduce and correct 'Swelling'.

'**Referral**' is key! Do not go the '**Tough Guy Route**'! When you experience a 'STI', swallow your pride and tough-man syndrome'! Go see a 'Sports Medicine Specialist' at your first opportunity. Follow advice!

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