Ρ	R		С	Ε
<u>Protect</u> the injury from further	<u>Rest</u> your injury for a few days	<u>Ice</u> the area experiencing the	<u>Compress</u> the area with a	<u>Elevate</u> your injury preferably
damage	tor a rew days	pain	bandage to limit swelling	above the heart