

The Difference Between RICE & Rice



*Today, we distinguish between another two often-confused entities: **RICE** and **rice**.*

RICE is an acronym that stands for Rest, Ice, Compression, and Elevation. **RICE** is often used to treat musculoskeletal injuries such as sprains and strains. **Rice**, on the other hand, is the most widely-consumed staple grain in the world. **Rice** is not used to treat musculoskeletal injuries. Applying **rice** to a swollen knee would just lead to all the **rice** spilling on the floor and that's just a waste of food.

RICE is a form of medical treatment. **Rice** is a food.

Rice, both African and Asian, is versatile, as evidenced by their ability to grow on steep hills with a system of terraces. Cultivating **rice** is labor intensive and requires a lot of water. This is different from **RICE**, which encourages rest, recovery, and avoidance of steep hills and terraces. **RICE** should not be labor intensive. **RICE** requires ice, not water (W is not part of the acronym), but it's

always good to remain hydrated.

The R in **RICE** stands for rest: it allows an injured part of the body to recover.

But you never want to let **rice** rest and sit out too long, because that's how you get food poisoning with *B. cereus*. Be sure to refrigerate the cooked **rice** as soon as possible! Based on the current evidence, **RICE** does not cause food poisoning.

The I in **RICE** stands for ice: ice can really help limit swelling. However, ice is not a classic pairing with **rice**. Pretty much anything else goes with **rice** - I like proteins such as chicken or seafood, or anything with a broth - but definitely not ice. That's weird and perhaps suggestive of pica and iron-deficiency anemia.

Compression and elevation in **RICE** are also helpful ways to help limit inflammation in an injury. Compression and frying of **rice**, with the addition of some grated vegetables or seasoning, are how you can make **rice** cakes. **Rice** and **rice** cakes can be eaten simultaneously during **RICE** therapy.

NSAIDs are a very useful adjunct to **RICE** therapy. But NSAIDs, like ice, do not pair well with **rice**. If you do develop food poisoning from *B. cereus*, [Tylenol](#) can help in the treatment of any fevers.

There are numerous varieties of **rice**, over 90,000 samples of cultivated or wild **rice** species. There are also numerous variations of **RICE**: HI-RICE (Hydration, Ibuprofen, RICE), PRICE (Protection, RICE), PRICES (Protection, RICE, Support), PRINCE (Protection, RI, NSAIDs, CE), and RICER (RICE, Referral).

Finally, for those who have an advanced grasp of the difference between **RICE** and **rice**, here are two extra tidbits to really impress your colleagues on rounds: Jerry **Rice** is the greatest wide receiver in the history of the NFL and **Rice** University is a private university established in 1912 in Houston, Texas. Neither are a medical treatment or a form of food.

Now, do you know the difference between...

... [a medical student and a deer in headlights?](#)

... [a medicine service and a garbage dump?](#)

... [arthropods & orthopods?](#)

... [medical students and residents?](#)

... [white clouds & black clouds?](#)