

#156 **ce** Advanced

"Grimace on His Face"

After the race, Cedric's knees were sore from running on cement. One can see the grimace on his face. He must cancel his plans to dance tonight.

Cedric had no choice but to visit a medical center. Dr. Alice suggested, "RICE will reduce the swelling."

Cedric was silent at first. Then his voiced bounced off the ceiling, "Rice!" Dr. Alice calmly explained, "**R**est, **I**ce, **C**ompress and **E**levate."

Cedric agreed and concluded, "I will swim in the ocean for exercise until I can lace my shoes."