

HOME ICING INSTRUCTIONS

GENERAL INDICATIONS:

The use of ice packs are helpful in reducing swelling, decreasing pain from injury, and decreasing pain associated with muscle spasm and trigger points.

When possible, elevate the swollen area during the ice pack treatment to help reduce swelling.

DIRECTIONS:

1. Place a flexible gel ice pack in the freezer for about 2 hours.
2. Remove gel pack from freezer. (Crushed ice in a plastic bag may be substituted.)
3. Place the gel ice pack on a thin paper towel. ****The ice pack should NEVER directly touch the skin.**
4. Place ice pack **over** the painful or swollen area. ****NEVER lay on top of ice.**
5. Keep ice pack in place for 15-20 minutes. ****This is very important as more than 20 minutes is NOT recommended.**
6. The use of a timer ensures that your treatment is only 20 minutes and allows you to relax.
7. Remove ice pack when the timer goes off.
8. This procedure may be repeated as often as every 1-2 hours if needed for relief of pain and/or swelling. (e.g. 15-20 minutes on, 1-2 hours off, repeat)

NOTE: For an ice pack to achieve optimal function, you should experience the four stages of cooling, referred to as C.B.A.N. What this means is the ice pack will at first feel Cold, then Burning, then Aching, and finally Numbness. To experience all stages takes approximately 5-10 minutes. Keep the ice pack in place as you receive the most benefits during the Numbness stage.