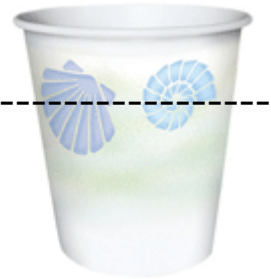


ICE MASSAGE

Fill
 $\frac{3}{4}$



GENERAL INDICATIONS:

Ice massage can be helpful in reducing pain and/or swelling associated with minor injuries.

The steps to prepare and procedures of performing an ice massage are as follows:

1. Fill a small paper cup $\frac{3}{4}$ full and place in the freezer.
(Suggestion: prepare several cups so you will always have one handy.)
2. After water is frozen, tear off the top half of the cup leaving the bottom portion to protect your fingers during the massage. Before starting, gently and carefully rub the edges of the ice to help eliminate any sharp edges.
3. Apply ice on area to be treated, smoothly and slowly moving ice in a circular or back and forth motion. ****Keep ice moving to prevent frostbite injury****
4. Continue ice massage for **5-7** minutes.
5. The feeling will be initially cold, then burning, aching, and finally numbness. When the area is numb, it is time to stop.
6. It is normal for the area to appear red after the treatment.

NOTE: For your ice massage 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 will at first feel Cold, then Burning, then Aching, and finally Numbness. Reaching the Numbness stage will provide the best