



## ICE TREATMENT

### ICE PACK

Apply ice pack to affected area for 15-20 minutes following any exercise or as instructed by the therapist to control swelling and pain.

1. Use a commercial cold pack, a bag of frozen peas, or a bag of crushed ice
2. Wet a towel with warm water and wring dry. Place it over the affected area. Never place ice directly on skin.
3. Place the ice over the towel for 15-20 minutes. Keep affected area elevated while doing this treatment.

### ICE MASSAGE

1. Place popsicle stick in a paper cup full of water. Place in freezer and let freeze
2. Remove paper from “popsicle” by placing it under warm water for a minute
3. Rub ice over affected area for 5-10 minutes or until it feels numb- whatever comes first
4. Do not hold ice on any one place without moving it back and forth

**Treatment should end if area feels numb even before the 15-20 minutes are up.**