

# ICE PACK THERAPY

Ice therapy is an important part of the rehabilitation of an inflamed area. The ice serves three purposes:

- It reduces the swelling of the injured tissues
- It tightens the ligaments that hold the joints together
- It reduces pain

## APPLICATION:

- Apply the ice to the painful area for 15-20 minutes every 1-2 hours, or as needed.
- If your ice pack does not have a cloth covering wrap the ice pack with a thin cloth or towel.
- Do not put the ice pack directly on the skin!

## IMPORTANT:

- Initial contact with the ice will be cold, followed by a tingling sensation, followed by burning and finally numbness. These are all normal reactions.
- DO NOT leave ice on for a period longer than 15-20 minutes, REGARDLESS OF NUMBNESS.

## WHEN SHOULD I ICE? WHEN SHOULD I HEAT?

- If your pain is sharp, shooting, stabbing, recent, inflamed & swollen.....use **ICE!**
- If your pain is chronic, achy, sore & stiff.....use **HEAT**. MOIST HEAT that is! Do not use a dry, electric heating pad.

Most importantly.....LISTEN TO YOUR BODY,

and call if you have questions!



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