



**What is...**

### **The Proper Use of Ice?**

Ice packs can help reduce swelling, decrease pain from injury, and decrease the pain associated with muscle spasm and trigger points. When swelling is present, it helps to elevate the swollen area during the ice-pack treatment.

#### **Instructions**

The following may be repeated every 1-2 hours if needed for relief of pain and/or swelling.

1. Place ice gel pack in freezer for about two hours. (Crushed ice in a plastic bag may be substituted.)
2. Remove gel pack or plastic bag from freezer.
3. Place in a damp towel.
4. Place ice pack over the painful or swollen area. It may help to strap the pack on with an elastic strap.
5. Keep ice pack in place for 20 minutes.
6. Remove ice pack.