



PHYSICAL DIMENSIONS

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HOME ICING INSTRUCTIONS

Using ice on an injured area will promote healing, and allow you to recover much faster. There are several keys to using ice effectively, however, so please review these tips and instructions to get the most out of your time spent icing.

Proper application of ice treatments:

1. Use ice cubes and water. In a pinch, you may use cold gel packs but be careful of frostbite (Do not apply a gel pack directly to skin. You must have a DRY barrier in between). ☺
2. Place the ice cubes in a plastic bag, such as a Ziploc, or plastic freezer bag. Add a small amount of water. Close the bag so that you eliminate as much of the air in the bag as possible. If you are using a bag that will have to be tied at the end, place the knot or wire bag tie a couple of inches above the ice after removing the air; this will allow the ice bag to conform to your body.
3. Place the ice either A) directly on the area, or B) over a damp, single layer of thin towel. This may be different than what you have done in the past, but, done correctly, there is virtually no risk for frostbite and the time you spend icing will be much more beneficial to you.
4. The feelings you will experience while icing will vary from cold, to achy, to pain, to numbness. Everyone experiences something a little different, but icing does not carry a general reputation as "a comfortable thing to do." You will find that after 2-3 treatments, your tolerance will be much better to the discomfort of icing.
5. Leave the ice bag over the area for twenty (20) minutes, or until the area becomes numb (as tested by a finger nail scratch, for instance), **whichever comes first. NEVER, UNDER ANY CIRCUMSTANCES, LEAVE THE ICE ON FOR LONGER THAN TWENTY MINUTES.** Twenty minutes is good, but forty is *not* twice as good. Leaving the ice on for longer periods of time puts you at risk for frostbite and other forms of tissue damage, and at the very least, will cause more pain in the area than you began with.
6. After your treatment, remove the ice bag. The area may feel strange at first, but once the skin and underlying tissues warm back up, normal feeling will return. You may re-apply ice after an interval of one (1) hour between treatments. This time will allow the body part to regain normal temperature, so it will be safe to once again cool it down.

Ice Bath Instructions:

1. Use a container that allows you to submerge the given injured body part
2. Fill container with half ice and half water. Temperature needs to only be around 44 degrees.
3. Submerge body part for 7-10 minutes only.
4. Sensations will go from Cold, Achy, Painful (burning), Numbness
5. Interval is one ice bath per hour

If you have any questions or concerns while using ice at home, please contact the clinic for answers.