



# ICE TREATMENT

Nowadays ice is considered as the best treatment throughout the whole course of an injury, for all stages of rehabilitation and for the treatment of chronic problems.

Extensive research and clinical experience have proven ice to be the treatment of choice due to its ease of application and effectiveness at relieving pain and muscle spasm, allowing increased motion and speeding the healing process.





## BENEFITS

The effects of Ice may assist in:

- decreasing swelling
- decreasing tissue damage
- decreasing inflammation
- decreasing muscle spasm
- decreasing pain
- speeding nutrients to the area
- speeding debris removal
- reducing lactic acid
- promoting healing





## CAUTION:

**You should discuss the suitability of these exercises with your Doctor or Physiotherapist before starting. Generally, such exercises should only be performed provided they do not cause or increase pain.**



## ICE PACK



# GENERAL GUIDELINES



Ice should be used initially to minimise the inflammatory reaction post acute injury for up to 72 hours. During treatment with ice you will feel the following stages:

Cold  
Burn  
Ache  
Numbness

Stop as soon as numbness is achieved to prevent possible cold damage. Maximum ice time is 20 minutes, so try keeping it to 15 minutes.

**Consult with your Doctor or Physiotherapist ASAP.**

## ICE PACK



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1. Place Ice pack through the hole of the blue wrap.
2. Put ice (or crushed ice) in your ice pack and fill it up  $\frac{3}{4}$  only and close the lid.
3. Place the ice pack over the part to be treated b using the Velcro tabs to secure it in the position required. Use for 15-20 minutes. You can use the ice pack wrap on your leg, knees, ankle and arms.

**NOTE: Over-tightening should be avoided, as it may cause discomfort, and can restrict blood flow.**



## ICE PACK

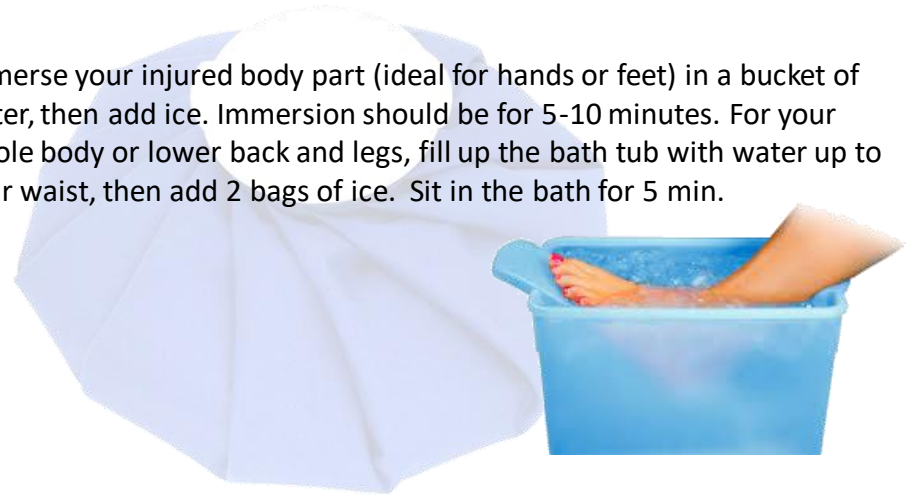


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## ICE BATH

Immerse your injured body part (ideal for hands or feet) in a bucket of water, then add ice. Immersion should be for 5-10 minutes. For your whole body or lower back and legs, fill up the bath tub with water up to your waist, then add 2 bags of ice. Sit in the bath for 5 min.



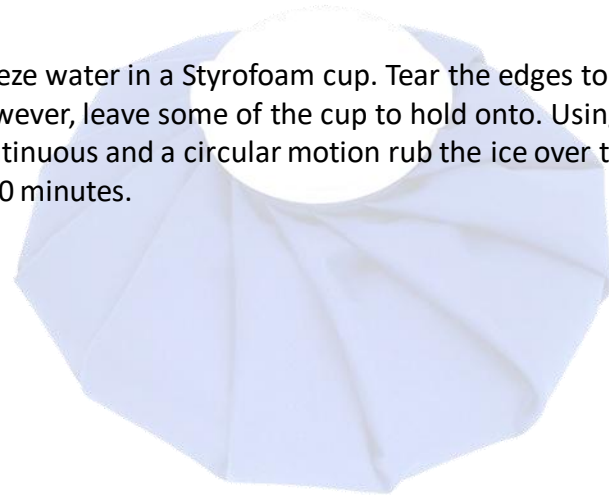
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## ICE MASSAGE

Freeze water in a Styrofoam cup. Tear the edges to expose the ice. However, leave some of the cup to hold onto. Using a gentle, continuous and a circular motion rub the ice over the affected area for 5-10 minutes.



# ICE PACK



## R.I.C.E.

R.I.C.E (Rest, Ice, Compression, Elevation) is one of the most recommended first aid therapeutic treatments for acute musculoskeletal injuries such as sprains and strains.

**REST:** It is important after an acute injury to rest the affected area to protect it from further injuries.

**ICE:** This reduces the swelling and inflammation by limiting the amount of fluid able to perfuse into the soft tissue surrounding the injury.

**COMPRESSION:** Compression of the injured area helps to immobilize and protect the joint. It also helps to reduce swelling in the area by increasing the pressure, which helps preventing excessive swelling.

**ELEVATION:** The injured area must immediately be raised, preferably to a level above the heart. This allows gravity to drain the excess fluid from around the injured tissue back to the central circulation, resulting in decreased swelling.