YOUR GUIDE TO USING AN

ICE PACK





Important point

When tissues are sprained / strained / injured, the associated inflammation causes four cardinal signs of inflammation:

1. Redness
2. Heat
3. Swelling
4. Pain

Heat increases blood flow to the area, increasing inflammatory chemicals to the area.

Think of the scenario if you burnt yourself - what would you normally apply? The same principle can be applied to many musculoskeletal conditions, which usually responds better to cold compress.



DIRECTIONS & ADVICE

- Wrap the ice pack in a cloth or towel - to avoid damaging the skin
- Apply to the affected area for **10-15mins**
- If in acute pain, this can be repeated hourly
- Otherwise, **three - four times daily**

Ice therapy is not about the length of time, but rather the frequency.

Leaving an ice pack too long may cause muscles to spasm and / or healing to slow.

WHERE TO PLACE YOUR ICE PACK

NECK

- Neck pain
- Headaches
- Migraines
- Shoulder pain
- Pins and needles in the arm



MID BACK

- Mid back pain
- Rib pain



LOW BACK

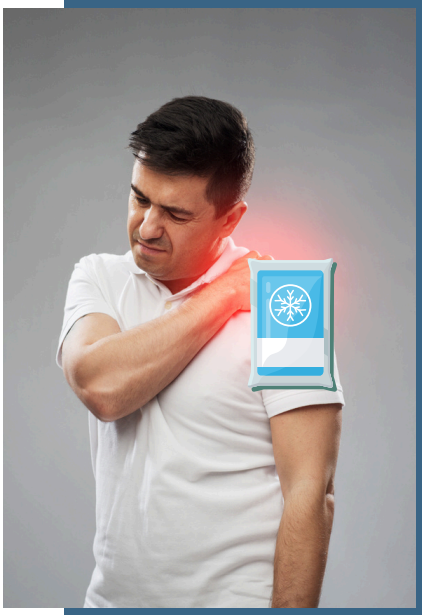
- Lower back pain
- Sciatica



WHERE TO PLACE YOUR ICE PACK

SHOULDER

- Tendinitis
- Sprain / strain



KNEE PAIN

- ITB syndrome
- Tendinitis
- Sprain / strain
- Meniscal pain

