



ICING INSTRUCTIONS

Why Ice?

It is a cheap, effective, drug free method for relieving the pain of injuries and inflammation. Safe application of ice to your skin can relieve symptoms from sprains, strains, bruises, and tendinitis.

How To Properly Ice

We recommend using our ice packs two to three times per day for 10 - 15 minutes at a time, and no longer than 20 minutes per session. After 20 minutes, icing will have the opposite effect of what was intended and cause more inflammation. Therefore it is NOT recommended to fall asleep while icing. Areas with less tissue (i.e. ankle, foot, hands) need less icing time than areas with larger amounts of tissue.

Stages of Icing - CBAN

There are four stages of icing to be aware of.

1. Cold
2. Burning
3. Aching
4. Numbness

Water Recommendation

Water is going to hydrate your discs making them more flexible, thus making adjustments and traction a lot easier. We recommend that all patients drink half of their body weight in ounces.

(Body Weight / 2) = Ounces per day

Please see the front desk to purchase our ice packs that include a fabric cover with velcro - \$17