

CONTRAST ICE THERAPY

Ingredients for an Ice Pack

In a large plastic bag place:

- 1 Tbls. Salt
- 1 C. Water
- 1 Tray of Ice

- Squeeze all of the air out of the bag causing a vacuum effect.
- Tie the bag shut with a twist tie.
- Loosely wrap a warm moist towel around the bag.
- Always place at least one towel layer between you and any ice.
- ***Remember ice can burn too***

Step 1

- Get into the shower; aim the showerhead at the area of pain.
 - Begin with warm water, and then increase the water temperature to tolerance for five minutes
- OR
- Utilize a hot moist pack, not an electric heating pad unless able to moisten outer covering (check owners manual), leave on for ten minutes maximum.

Step 2

- Place ice pack over area of pain.
- Once it reaches its coldest point, leave on for five extra minutes. A simple guideline to follow is a mnemonic C-BAN, which stands for Coldness-burning, aching, numbness, once this cycle is complete no further therapeutic effect can be elicited. In general, a minimum of five and a maximum of 15 minutes needs to be invested to complete a cycle.

NEXT

- Repeat steps 1 and 2, two more times.