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USING ICE PACKS

This leaflet is for general information purposes only. Please do seek the advice of a qualified professional before applying any ice treatment. Please avoid if you have an existing medical condition such as e.g. diabetes, peripheral vascular disease, hypothyroidism, high blood pressure, heart disease or anaemia
Icing an injured area can have a positive effect on recovery. It can be effective in the treatment of acute inflammation from acute sprains, strains, overuse injuries and bruises¹.

Time of application: no more than 10 minutes at a time, best repeated little and often²

Prevent Frostbite: Do not allow ice to sit against the skin without a layer of protection. Either continually move the ice (see "ice massage") or use a thin towel between the ice and skin.

General pointers

- **Apply the ice early**
Icing is most effective immediately following an injury. The beneficial effects diminish significantly after about 48 hours.
- **Move the ice pack around as an "ice massage"**
Apply ice directly to the injury. It helps to keep moving the ice around, still maintaining contact with the site, rather than allowing it to sit in one spot.
- **Remember to elevate**
Keep the injured body part elevated above the level of the heart while icing -- this will help further reduce swelling.
- **Watch the time**
Ice for up to 10 minutes. You may cause further damage to the tissues, including frostbite, by icing for too long.
- **Allow recovery between treatments**
Allow area to warm for at least 45 minutes or an hour before beginning the icing routine again.
- **Repeat**
Ice as frequently as you wish, so long as the area is warm to touch and has normal sensation before repeating.

Method of application

Option 1

Use a plastic bag with ice cubes or crushed ice. Add a little water to the ice bag so it will conform to your body.

Option 2

Keep paper cups filled with water in your freezer. Peel the top of the cup away and massage the ice-cup over the injury in a circular pattern allowing the ice to melt away.

Option 3

Use a bag of frozen peas. This option provides a reusable treatment method that is also edible.

Option 4

Proprietary ice pack or gel bag

¹

Hubbard TJ, Denegar CR. Does Cryotherapy Improve Outcomes With Soft Tissue Injury? J Athl Train. 2004 Sep;39(3):278-279.

² Auley, Domhnall C. Mac: ce Therapy: How Good is the Evidence? Int J Sports Med 2001; 22: 379-384