

Ice Massage

Ice massage can help reduce swelling and pain associated with either an acute injury or a chronic condition such as tendinitis or bursitis.

If applying ice to reduce swelling, it should be used in conjunction with elevation and compression for best results.

1. Fill a Styrofoam cup about 2/3 full of water and place it carefully in the freezer.
2. Once water is frozen, peel part of the top off of the cup exposing the ice. Leave the bottom part of the cup on the ice so you have a comfortable way of holding onto the cup with your hand.
3. Place a towel under the area to be treated or use the ice in the bathtub or shower where the water from the melting ice can drain away. Slowly move the ice across the affected area.
4. Try not to cover too large an area all at once.
5. First you will feel the cold, then you will feel a burning sensation, then an aching sensation before the area being iced finally turns numb.
6. **Stop** icing when numbness occurs. This usually takes only 5-7 minutes depending on the size of the area being iced and the amount of soft tissue in the area.
7. The area may appear red around the edge and somewhat white in the middle after the treatment.