

# **ICE THERAPY AT HOME**

## **WHY ICE THERAPY?**

Traditional Approach for Ice Therapy: Traditional Medicine uses the 72 hour rule for application of ice to be placed over the area of acute injury. This means that ice is beneficial to reduce swelling for the first 72 hours following an acute tissue injury. You may have heard the saying “RICE” in regards to a recent injury. “**R**est, **I**ce, **C**ompression, and **E**levation.” This is of course the standard of care for an acute injury such as Sprain/Strain or Contusion.

Chiropractic Ice Therapy is applied to only the area over the spine that is being treated. Ice therapy after 72 hours following injury is not indicated for muscle injuries, but it is for nerve irritation. Pain decreases because the ice “deadens” or numbs nerve irritation, delivery of inflammatory products to the site of irritation is slowed and it decreases swelling . This course of therapy may be beneficial for the entire treatment period., or used effectively, if pain returns due to re-injury.

## **HOW DO I USE MY ICE PACK?**

Apply the ice pack to the area of the spine being treated. Lay the ice pack vertically along the spine. Apply for no more than 15 minutes to the area at a time. You may repeat after an hour. This process may be repeated as often as desired.

In the Neck ( or Cervical Spine) NEVER wrap an ice pack around the sides or in front of the neck. The resulting cold and significant compression can decrease circulation to the brain.

## **WHAT TO DO IF I GET MY OWN FLEXIBLE ICE PACK:**

Take your ice pack from the freezer after it has had sufficient time to become cold.. Wrap a thin towel around the ice pack to prevent any direct freezing of the surface tissue. Then follow the instructions on how do I use my ice packs?

## **OFFICE ICE PACKS:**

We provide therapy packs for the convenience of our patients. They may be used for hot or cold therapy. You do not need to use a towel to cover these therapy packs , they have a protective cover and are washable.