

ICE PROTOCOL

WHAT DOES ICE DO FOR ME?

- It reduces the pain fibers ability to carry pain signals from the injured area to the brain. This reduces the pain we feel.
- It reduces swelling in the injured area by causing the blood vessels to constrict (shrink) due to the cold.
- The reduction in swelling means that the area can heal faster.
- It reduces the activity in all the cells in the injured area by slowing down the chemical reactions within the cells. This means that less blood supply is needed by these cells for nutrition.

INSTRUCTIONS FOR ICING PROTOCOL:

1. Place a towel cloth between the ice pack and your skin. **NEVER PLACE ICE DIRECTLY ON THE SKIN** (This could cause serious frostbite injury to the skin)
2. Sit or lie in a comfortable position with the ice pack in place for 15 to 20 minutes. You may expect a feeling of a burning sensation after the pack has been on for 3-5 minutes. This burning sensation should only last 30 to 60 seconds. If it becomes too uncomfortable or lasts longer than 60 seconds, you should increase the thickness of the towel.
3. If you experience a very uncomfortable aching sensation after the ice has been on for a few minutes (usually about 10 minutes), just remove the ice pack for 30 minutes or so and then repeat the process. When the aching occurs again take the pack off again. You may repeat this as often as you wish as long as you wait at least 45 minutes between icings. This type of aching is quite common in muscular injuries. When a muscle finally gets cold enough, it begins to shiver in order to produce heat. This shivering is really just tiny muscle contractions over and over. Since the muscle has been injured, these contractions can cause pain.
4. You may repeat the icing process of 15 minutes on and 45 minutes off as often as you like. It can become quite tiresome, so don't worry if you only use the ice every two hours.