

TYPES OF COLD TREATMENTS

1. Ice Pack:

- * 10 - 20 minute treatment
- * 2 hours between applications
- * if sensitive to cold, put cold, wet barrier between pack and skin

2. Ice Massage:

- * 10 minute treatment
- * rub ice continuously over area
- * 2 hours between applications
- * can use regular ice or freeze water in dixie cups

3. Ice Bath:

- * 10 minute treatment
- * 2 hours between applications
- * this method is painful for the first 2-4 minutes. Covering the toes can help reduce discomfort

4. Cold Whirlpool:

- * 10 - 20 minute treatment
- * 2 hours between applications
- * 55 - 65 degree temperature