

## **Suggestions for the application of ice**

Ice should be applied over the inflamed area in the acute or early stages of your problem.

Place ice cubes in a plastic bag or use a professionally prepared ice pack.

Place a face washer, tea towel, etc, over the problem area then place the ice pack on the material covering.

The first application should be as follows:-

20 minutes on

10 minutes off

20 minutes on

10 minutes off

20 minutes on

Then during waking hours, apply the ice pack 20 minutes every 2 hours or 10 minutes per hour, or as indicated by your Chiropractor.

N.B. If you do not have ice immediately available, then use a pack of frozen peas or something similar.