

ICE

Ice can be useful for relieving inflammation when joints are hot, swollen and painful.

Ice acts to:

1. Reduce temperature
2. Relaxes muscles
3. Reduces pain
4. Reduces circulation when bleeding occurring at a joint following injury.

Use either:

Crushed ice in a damp towel

A bag of frozen peas

Frozen gel pack in its sleeve

The ice/cool pack should be applied for 15 minutes **ONLY**.

You may repeat this once every hour if necessary.

Ice may be uncomfortable initially but your body will adapt to it after 5 minutes. After applying ice it is normal for your skin to go a pink or red colour due to the increase in circulation.

Please note: **ICE CAN BURN** - check the skin under the ice for intense redness and/or pain. Rest after ice application as soft tissue flexibility and skin sensation can be reduced.

DO NOT USE IF:

- You have sickle cell anaemia
- Circulatory problems
- Reduced sensation
- Diabetic