

## ICING INSTRUCTIONS

### ICE:

Apply ice directly to your spine in the problem area. Ex: If you are having pain in your shoulder, place the ice pack on the upper region of your spine. Ex: If you are having hip pain place the ice pack on the lower region of your spine. Applying the ice directly to your spinal bones will alleviate pain due to the fact that your spinal nerves in that region are causing your condition. (Heat may make it WORSE!) Do not wrap the ice in a towel of any kind; rather lay it on a single-ply paper towel on your bare skin. It is not necessary to be lying down while you are using ice. Ex: Ice while driving, working, watching TV, eating, etc. **THE KEY TO ICING IS CONSISTENCY AND REPETITION!**

### FOLLOW THIS PATTERN EXACTLY:

20 minutes ON, followed by an immediate 20 minutes OFF, again followed by an immediate 20 minutes ON, this is a total of 60 minutes. Repeat this cycle as often as necessary to gain some relief. **DO NOT KEEP THE ICE ON LONGER THAN 20 MINUTES EACH TIME!!** The ice causes the body blood to flow to affected area helping to speed up the healing process and allow you to be more comfortable sooner than if you don't use any ice. We realize the ice may not be the most comfortable; however, the results from using the ice will **far outweigh** the discomfort from the cold.