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## ICING INSTRUCTIONS

Icing aids in injury recovery by reducing inflammation, swelling, and pain.

When icing, you will experience three phases:

- First, the affected area will feel extremely cold.
- Second, the area will begin to hurt. Do NOT stop.
- Third, the area will become numb.

You must pass all three stages before you are done and obtain the full effect of icing.

### **ICE MASSAGE METHOD** (for arch, heel, Achilles tendon)

Either freeze water in a paper cup until it becomes ice, peel the top third of the cup off, and hold the remaining part of the cup, OR take an ice cube and hold with a washcloth.

Rub ice on affected area for 20-30 minutes.

### **FROZEN BOTTLE METHOD** (for arch)

Freeze a full, 16 ounce water bottle. Place bottle on the floor and roll arch over the bottle for 20-30 minutes.

### **GEL ICE PACK METHOD** (for larger areas)

Cover affected area with a thin towel. Place gel pack over affected area. Use an Ace wrap (elastic bandage) to hold ice pack in place. Ice for a maximum of 30 minutes.

*This information is provided as an educational guide only and is not intended to substitute proper medical care or explanation by your doctor. If you have any questions, please contact our office.*