

Ice

Why Ice?

Ice is a natural anti-inflammatory and pain killer. It acts directly to the source of the problem, unlike drugs which affect the whole body and may have unwanted side effects.

Why not heat?

Would you pour petrol on a fire to put it out? No. The same principle applies to an inflamed area. It needs to be calmed. Ice will help do this. Heat often feels good, but it is not as beneficial to an inflamed area as ice will be.

Directions for use

- Use either a frozen gel ice pack or a bag of frozen food (not to be eaten once used in this way!). Do not use one of the solid freezer ice blocks as this does not mould sufficiently to our lumps and bumps.
- Always ensure the ice pack is covered and that there is no direct skin contact.
- Apply it to the area instructed using gentle pressure, even if this is not the painful area – remember that the source of your pain maybe different to its location.
- You may feel a slight pain/burning sensation initially before the area numbs. If it persists **STOP** icing and consult your chiropractor.
- Apply for between 10-20 mins
 - 10 for thin area eg. elbow, wrist, ankle
 - 15 for medium area eg. shoulder, neck, knee
 - 20 for thick area eg. Low back, hip
- Ideally this should be repeated every 2 hours. Where this is not achievable it should be done as often as possible. But remember – the more you ice the required area, the more benefit you will see.