

Treatment Options

ICE AND HEAT THERAPY

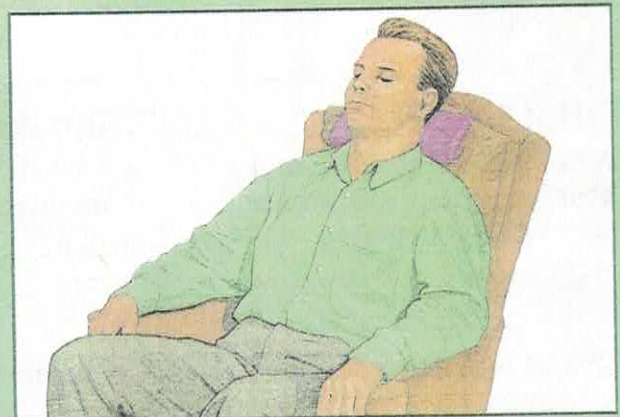
Ice and heat can help an injury heal. But they must be used correctly and at the right times or they can make an injury worse rather than better. Follow your health-care provider's guidelines for the use of ice and heat as part of your self-care at home.

Ice Therapy

Ice helps reduce swelling and pain in the early stages of an injury.

Ice Pack

- Choose a cold pack, bag of ice, or bag of frozen peas. Wrap it in a thin, damp cloth. (Do not place the ice directly on your skin.)
- Find a comfortable place to sit or lie down. Place the ice pack over the injured area.
- Ice for _____ minutes every _____ hour(s). Do not ice for more than 20 minutes at a time.
- Special instructions:



Place the ice pack over the injured area for the time suggested by your healthcare provider.

Ice Massage

You may need a partner to help you with the massage.

- Fill a small paper or styrofoam cup with water and put it in the freezer. When the water has frozen, peel the top half of the cup back to expose a cone of ice. Or, hold an ice cube in a towel.
- Sit or lie in a comfortable position. Gently rub (or have your partner rub) the bare ice over the injured area. Keep the ice moving—don't hold it still on the skin. Do not rub over bony areas.
- Massage for up to 5 minutes.
- Wait _____ minutes/hours, then repeat.
- Special instructions:



During an ice massage, don't hold the ice still in one place.

Heat Therapy

Heat helps relax muscles and keep blood moving. But, if used the wrong way, heat can increase pain, swelling, and inflammation. Do not use heat on an injury until your healthcare provider says it's okay.

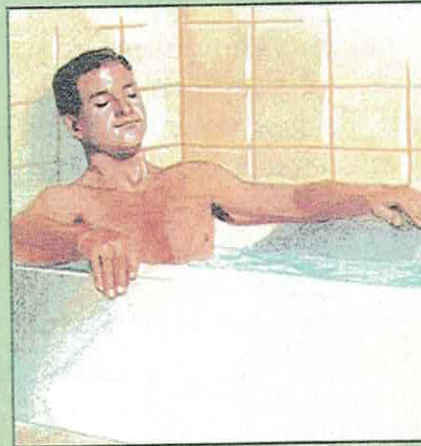


Hot Shower

A hot shower provides moist heat for an injury. It also can give a gentle massage.

Shower for _____ minutes every _____ hour(s).

Special instructions:

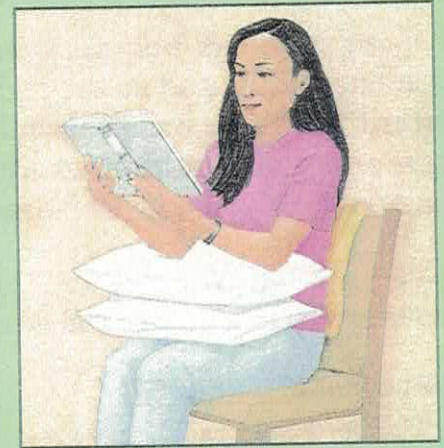


Tub Bath/Hot Tub

A tub bath or hot tub provides more intense, moist heat.

Soak for _____ minutes every _____ hour(s).

Special instructions:



Heat Pack/Pad

Place directly over the injury:

- Moist heat pack
- Heating pad

Use heat for _____ minutes every _____ hour(s).

Special instructions:

Other Special Instructions:
