



## ICING PROTOCOLS

**For all icing protocols:** DO NOT put ice in direct, continuous contact with the skin for more than 10 minutes as this may cause frostbite.

**Gel Ice Pack:** Wrap ice pack in thin towel. Apply gel ice pack to the area of injury for 10 minutes per hour. Repeat as instructed. Do not use hard ice packs as they do not conform to feet/legs well.



**Frozen Water Bottle:** Fill a thin-walled, disposable water bottle 90% full of water and freeze solid. Roll water bottle under your foot as ice massage. Begin by sitting and rolling foot. Advance to standing and rolling bottle as tolerated. Once thawed, refreeze bottle for next use. Repeat as instructed.



**Frozen Paper Cup:** Fill a paper disposable bathroom cup 75% full of water and freeze solid. Tear away upper lip of paper cup exposing ice cube and leaving paper base to hold onto. With your foot over a towel to catch the water, massage the ice directly onto the area of pain. Be sure to keep moving the cup continuously, using small circles. Increase force of massage as tolerated and as instructed. Repeat as instructed.



**Contrast Baths:** Fill 2 basins 75% full of water. One basin will have ice cold water. The second basin will have luke warm water, NOT boiling hot. Ensure your basin is deep enough to reach the area of injury. Submerge foot/ankle in cold basin for 5 minutes, then warm water for 5 minutes, then cold water for 5 minutes. Always end on the cold basin as this helps control inflammation. Repeat as instructed.

