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SUGGESTIONS FOR THE APPLICATION OF ICE

Ice should be applied over the inflamed area in the acute or early stages of your problem.

- Place ice cubes in a plastic bag or use a professionally prepared ice pack.
- Place a face washer, tea towel, etc, over the problem area then place the ice pack on the material covering.
- The first application should be as follows:-
 - 20 minutes on
 - 10 minutes off
 - 20 minutes on
 - 10 minutes off
 - 20 minutes on
- Then during waking hours, apply the ice pack 20 minutes every 2 hours or 10 minutes per hour, or as indicated by your Chiropractor.

N.B. If you do not have ice immediately available, then use a pack of frozen peas or something similar.

**If you have any further questions call
Your Chiropractor.**

