



ICING FOR INJURIES

Putting ice on an injured area is an effective, drugless intervention for pain management. The benefits are greatest when applied within the first few days after the injury has occurred. This can help prevent swelling, relieve pain, and reduce inflammation. Icing can be used for injuries such as sprains, overuse injuries, strains, bruises and muscle contusions. It can also help reduce swelling after surgery ideally in combination with elevating the affected body part.

HERE ARE SOME GUIDELINES FOR SAFE YET EFFECTIVE ICING:

- Avoid placing ice directly onto the skin. This can lead to frostbite.
- Place a towel between your skin and the ice/ice pack.
- Apply the ice for 10–20 minutes at a time.
- Repeat the ice application 3 times per day or more if needed.

If the swelling has decreased after 48–72 hours, you can apply heat on the same area. If the swelling persists, contact your healthcare provider for consultation.

We are proud to be a WebExercises practice. Ask us about our individual home exercise programs and how they could work for you.