

# READY SET WORKRIGHT

## TO ICE OR NOT TO ICE

Ice historically has been thought to decrease inflammation, however studies currently demonstrate that is:

- 1) not the case and
- 2) that inflammation is necessary for healing.

However, don't let this sway you from using ice for other beneficial reasons. For example, it's a way to decrease pain without taking medications!

A better idea? Move the area of swelling and/or compress it. However, ice might help to numb and decrease pain in the area to help you move it without as much pain and discomfort. For this we say YES to ice! Your best bet for ultimate cooling effects are either **crushed ice** or a **gel pack**. (Ice cubes or frozen vegetables does not have an even surface to it and doesn't do the trick like crushed ice or an ice pack.

## ICE MASSAGE

1. Fill a small paper cup about 2/3 full of water. Freeze until solid.
2. When ready to use, peel off the top of the cup so ice is showing (the remainder of the cup acts as a hand hold)
3. Place a small towel under the area you are icing.
4. Rub the ice in small circles over the affected area, for about 7-10 minutes. \*You will go through the 4 stages of Icing: Cold, Burning, Aching, Numb. This is normal!

## ICE RULES

- Commercial ice packs should NEVER be directly on the skin.
- Always use a barrier like a dishcloth or thin towel between the ice pack and skin.
- If you are using ice itself or ice water, you can put this directly on the skin.
- Follow the general precautions from the manufacturer on your ice pack.
- General recommendations for length of time is usually 15-20 mins.

