

Guidance for using ice following activity  
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Ice soak: Soak until area is numb

Ice pack: Wrap crushed ice in towel or use ice pack (can also use bag of frozen peas, a bag of rice in freezer or zip lock bag with equal parts water and rubbing alcohol.) Apply for 20 mins. (do not put chemical cold packs or cold gel packs directly on skin)

Ice towel: Soak towel in bowl of water and ice cubes, wring out and apply, re-soak often and reapply, for 20 mins.

Contrast baths--alternating hot and cold, can also be useful, especially after acute stage of injury. Hot for 3-5 mins then cold for 30 sec. to 2 mins.  
Repeat 3-6x's. Finish with ice.