



ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

ICE MASSAGE

1. Freeze water in small paper cups. You may put a popsicle stick in the water for a handle. These ice cups may be reused.
2. Massage over the injured area with ice. You do not need to press hard with the ice cup. You should feel four sensations during ice massage:

- COLD:** Cold is felt when the ice is first applied.
- BURNING:** After a few minutes, you will feel some burning.
- ACHE:** After about 5 minutes, aching is felt. Your skin may become red at this time.
- NUMBNESS:** Continue the ice massage until all of the burning disappears and the area feels numb.

3. The entire procedure should take 5 - 7 minutes. Do not massage for more than seven minutes over a small area or for more than ten minutes over a larger area of your body.
4. If abnormal swelling, redness or pain develops, stop the treatment.

Please feel free to ask your therapist questions you have about this treatment.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.