

The Alternative Health Center

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HOME USE OF ICE

For home use of ice to be effective it must be done properly and carefully. Ice can cause severe burns, that's right, burns, if not properly administered.

Treatment Time – the normal treatment time for ice is between 15-25 minutes on the body and an hour off, depending on the desired results.

Precautions – prior to using ice for a regular treatment time, you must determine if there are any possible adverse reactions likely to take place from its use. Therefore, it is wise to put the ice on the injured area for no longer than 5 minutes the first time without checking the skin to be sure no rash, blotching or other signs of trouble are presenting.

The ice pack should be covered with a thin material, such as an old undershirt. Put the ice ON the person, NOT the person on the ice. Tissue damage could result if the tissue is compressed while being iced.

Recent research has shown that the use of the older types of cloth water bottles with the screw on caps are superior to newer gel-filled ice packs.

WHAT TO EXPECT – ice properly applied should be painful at first. The pain should begin to subside as the patient experiences “pins and needles”...this sensation will eventually subside to a “feeling of numbness”.

True therapeutic value is not realized until numbness has been experienced. This numbness usually takes place after approximately 15 minutes, sometimes as much as 25-30 minutes.

DON'T USE ICE:

If the patient is diabetic, has a heart condition or poor circulation.

CAUTION:

If the patient is a senior citizen (circulation problems are more common)

DO NOT OVER-ICE

OVER-ICING CAN REVERSE THE HEALING PROCESS AND CAUSE DAMAGE TO THE TISSUE.

DO NOT FALL ASLEEP WITH YOUR ICE PACK ON.