



# Prairie Path Foot and Ankle Clinic

## At Home Instructions

### Icing

Icing an injured body part is an important part of treatment. Icing injuries can be effective for sprains, strains, overuse injuries and bruises. Learn how to properly ice your injury.

Ice twice a day for 10-15 minutes, but never longer. You can cause further damage to the tissues, including frostbite, by icing for too long. Allow area to warm for at least 45 minutes or an hour before beginning the icing routine again.

Apply ice directly to the injury making sure there is a barrier between your skin and the ice. A thin towel will do just fine. Move the ice frequently, not allowing it to sit in one spot.

Keep the injured body part elevated above the heart while icing -- this will further help reduce swelling.

**Ice Option 1 -- Traditional:** Use a Ziploc bag with ice cubes or crushed ice. Add a little water to the ice bag so it will conform to your body.

**Ice Option 2 -- Best:** Keep paper cups filled with water in your freezer. Peel the top of the cup away and massage the ice-cup over the injury in a circular pattern allowing the ice to melt away.

**Ice Option 3 -- Creative:** Use a bag of frozen peas or corn from the frozen goods section. This option provides a reusable treatment method.

**Prevent Frostbite:** Do not allow ice to sit against the skin without a layer of protection. Either continually move the ice or use a thin towel between the ice and skin.

If in a surgical shoe, dressing or cast, do not ice directly on the spot. Place at the front of the ankle, or if in a cast, ice to the back of the knee.