

Edward I. Harris, DPM
Neil Goldberg, DPM
Hackensack, NJ 07601
Phone: 201.488.3668 Fax: 201.488.9292
Fort Lee, NJ 07024
Phone: 201.224.5790 Fax: 201.224.5793

ICING INSTRUCTIONS

Icing is a simple and effective method of reducing pain and inflammation. Icing injuries can be effective for sprains, strains, overuse, injuries and bruises.

To properly ice your injury:

1. Take a small paper cup. Fill with water and freeze it.
2. Remove the ice from the cup by peeling the paper cup off of the ice.
3. Massage the ice on the injured area in a circular pattern.
4. Keep an eye on the clock. Massage the ice over the area for 10 minutes, then stop for 10 minutes so that the area may warm up again. Repeat this pattern until the ice melts. Icing in this manner protects from frostbite.
5. Once the ice has melted, you may repeat the therapy. First, let the skin warm up for 30-45 minutes before repeating.