

Chiropractic Ice Bag Instructions

Instructions for icing utilizing an ice bag are as follows:



Fill a pleated rubber ice bag or zip-top storage bag (double-bagged) approximately half full with small chunk ice. Add a small amount of water, sufficient to fill between the ice cubes, but not enough to float the ice. Add a maximum of 1/4 cup of table salt (Sodium Chloride)-Optional.

Remove all the air and seal the bag. Apply to the skin of the affected area with a paper or thin cloth towel between the ice bag and the skin. Never place directly on skin! Keep the ice bag on the area past the burning, tingling and intense cold stages, ie until numbness occurs. At this point remove the ice bag and let the body part warm without heating or massaging.

Avoid reapplying ice to the affected area until the body part is the same temperature as the unaffected tissue. Once the body temperature of the area has stabilized, you may reapply the ice as before.

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