

Name

Date.....

Physiotherapist.....

Contact number: 01744 646454 (answer phone)

Use of Ice at home

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Author: Physiotherapist
Department: Rheumatology
Document Number: STHK1136
Version: 6
Review date: 01/01/2022

Ice Therapy

The application of something cold is often very effective on hot, swollen and painful joints. This is known as “ice therapy”.

Ice Packs

The following can be used as “ice packs “ at home;

- A bag of frozen peas
- Crushed ice cubes in a plastic bag
- Towels or flannels soaked in cold water and wrung out
- Gel packs from the freezer
- Bowl of cold/iced water

Precautions

- Never apply ice straight onto the skin – you could give yourself an ice burn
- Never apply ice to an area of your body where you can not appreciate the difference between hot and cold
- Never apply ice to an area of your body where you have poor circulation Never apply ice to your left shoulder if you have a heart problem
- Do not apply frozen peas or ice cubes straight from the freezer – take them out approximately 10 minutes before you use them.

Method

1. Expose the area to be treated, in an appropriate position
2. Place a dry towel under the area
3. Place a damp flannel or damp kitchen paper over the area to be treated
4. Place the ice pack over this
5. Wrap the dry towel round the ice pack

Ice therapy should be applied to the joints as follows;

- Knees, ankles, elbows 20 minutes
 - Hands and wrists 10 – 15 minutes
6. After treatment dry the area thoroughly.
 7. You may use the ice therapy several times a day, but only for a maximum of 20 minutes at a time
 8. Ice packs can be re-frozen and re-used. If you use frozen peas do not open the pack, and do not eat them at any time. It may help to mark your pack in some way so that no mistakes occur.