

## **Eaton Chiropractic Instructions for Home Use of Ice**

1. The application time for icing should not exceed 20 minutes per session. The tissues that have been exposed to the cold of the ice pack must be allowed to return to normal body temperature prior to the reapplication of the ice pack. Normally, a frequency of 20 minutes on and 40 minutes off works well.
2. There must never be direct contact between the ice pack and your skin. You must place a towel, or fabric (preferably cotton) such as a T-shirt between the ice pack and your skin to prevent burning.
3. Apply the ice pack to the areas described by Dr. Cris or Doc. If you are unsure about how to implement this important part of your treatment program, please ask the doctor or the staff to explain further.