

How to Make and Use an Ice Pack

How to Make an Ice Pack

- In a large zip-lock freezer bag put 1 cup rubbing alcohol and 4 cups water.
- Remove the air and zip the bag.
- Place the bag into another zip-lock bag and zip shut.
- Place the sealed bag in the freezer.
- If the ice pack is too hard, add a little rubbing alcohol. If the ice pack is too soft, add a little water.

How to Use an Ice Pack

- Put a wet towel between your skin and the ice pack.
- Use the pack for 10 to 15 minutes or as instructed by your therapist.
- Remove the ice pack and towel when your skin is numb to light touch.
- Put the ice pack back in the freezer.
- Let your body part return to normal temperature before you use the ice pack again.
- The ice pack may be re-used for as long as you need, or until it no longer maintains a seal.

How to Use Ice for Massage

- Fill a foam coffee cup or a paper cup with water until the water is ½ inch from the top.
- Place the cup in the freezer. (It will take several hours for the water to freeze.)
- Peel away the top of the cup to expose the ice.
- Use a towel to catch drips.
- Perform the ice massage as instructed. Stop the massage when the skin is numb to light touch.
- Put the ice cup in the freezer.
- Let your body part return to normal temperature before you use the ice pack again.
- Make a new ice cup when the old one has melted.