

## HOME ICE TREATMENT

Use ice to help reduce swelling and/or pain.

### Important

It is important to check the condition of your skin **BEFORE** and **AFTER** using ice.

Ice can burn if left on for too long

Please check that skin is evenly pink after 5 minutes.

If the skin is sensitive, cover the area to be treated with oil or cream to protect the skin.

### Procedure

1. Soak a small towel in cold water.
2. Wring out towel.
3. Place ice cubes in centre and crush.
4. Place around area to be treated.
5. This 'ice pack' can be re-frozen and dampened prior to use.

### OR

1. Place large bag of frozen peas in centre of damp towel
2. Fold towel round the packet
3. Place towel around the area to treated.

### Time of Treatment

15 minutes maximum each treatment.

Use as required but maximum of 2 hourly.

## HOME HEAT TREATMENT

Use heat to help reduce swelling and/or pain.

### You will need

A medium bath towel and a small hand towel

Sheet of plastic (or cut up plastic bag).

Rubber gloves

### Procedure

1. Boil a kettle of water.
2. Lay the larger towel out flat.
3. Place plastic sheet on top of the towel.
4. Small towel in a bowl.
5. Pour the boiling water over smaller towel.
6. With care, using rubber gloves wring out the small towel.
7. Wrap in plastic sheet, (select your type of heat pack at this point: flat pad or a hot roll).
8. Wrap the larger towel around the hot pack.

### Uses

**FLAT PAD**—For backs, knees thighs, shoulders etc.

**HOT ROLL**—Mainly for necks.



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**HOME HEAT**  
**& ICE**  
**TREATMENTS**