

## Ice Massage Instructions for Pain or Injury of Any Type

1. Get a Styrofoam cup (like the ones used to hold coffee) and fill it up with water three quarters of the way to almost full.
2. Make sure water is very clean.
3. Put the cup into the freezer so that the water turns to ice.
4. When water becomes solid ice, take it out of the refrigerator.
5. Press on the bottom of the cup so that ice pops out the top.
6. Apply ice directly to the painful area in a slow circular motion.
7. Avoid applying to areas of open skin. Work around these areas.
8. Apply most ice massage on areas of intact skin.
9. The area will feel very cold, then perhaps "hot" or feel like it burns, then it might feel like it hurts, and then it will go numb. You want it to go numb. It is when the numbness occurs that the benefits and results will begin. This will take no more than five (5) minutes. When it goes numb stop immediately!
10. Pain should now be relieved. If pain comes back repeat ice massage again after one hour. This can be repeated three to four times if necessary, or sometimes more. Rarely will pain return after three to four applications that are done correctly.
11. Prepare and save at least three to four cups the same way and keep in your refrigerator to be quickly at hand available for any future use. It is important to keep cups prepared for ice massage in case of an emergency when you don't have enough time nor waste any time when the ice is needed immediately.

If it takes more than five (5) minutes to go numb you are not applying enough pressure. Stop at that point; let the area warm-up again before re-applying. If ice massage is being applied correctly it should take less than five (5) minutes to make the area go numb. Usually about three (3) minutes. The key is to get it to go numb quickly, then immediately stop.

Another (quick) way of doing ice massage is to get a good quality paper towel (like Bounty) or a clean cotton towel and get three to four pieces of ice from the freezer, or just enough to put in the center of the towel. Put together the four corners so that you have a pouch with ice. Wet the pouch slightly with water, and apply the towel with the ice directly to the painful area.

Ice massage is not only a safe and effective way of taking care of most pains, but it also helps the tissues genuinely heal.

Use common sense, as you do ice massage, you should be feeling the improvement as you go. If for some reason you feel it is not working, and you know you are following these instructions correctly, then simply stop and do not continue doing it if it seems to be harming you.

**Don't dance too soon.** Healing occurs in stages and you must go through these stages to arrive at the place you want to be and usually think is normal. Elimination of pain, swelling, heat and redness is only the first step. The last step where you are strong and resistant to re-injury takes time.

### *Information Provided Courtesy of Your Doctor At:*

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