

KONA HAWAII'S SCHOOL OF **MUSCULAR MASSAGE**

SELF-CARE ICE THERAPY

Ice is one of the simplest, safest, and most effective self-care techniques for injuries or painful musculoskeletal conditions. It should be used initially for first aid and at later stages for the rehabilitation of injuries or chronic problems.

WHY:

Ice "constricts" (decreases diameter) of blood vessels, thereby reducing the amount of blood in the vessels which reduces inflammation. Heat, on the otherhand, "dilates" (increases diameter) of blood vessels, thereby increasing the amount of blood in the vessels which increases inflammation. Remember, throbbing inflammation is a huge part of discomfort in injuries. Heat enhances "throbbing inflammation"; ice discourages "throbbing inflammation". Also, healing tissue repair effectively begins when inflammation is decreased or eliminated. By using "ice therapy" as opposed to "heat therapy", you will enhance the healing and curtail the discomfort.

WHAT TO EXPECT WHEN USING ICE THERAPY

1. Intense cold for first 3 to 5 minutes.
2. Deep aching for the second 3-5 minutes, due to the "blood flush out" through constricting vessels.
3. Soothing numbness and maybe tingling for the duration of treatment.

NOTE:

The timing of the sensations may vary but various sensations will be felt. Many people will want to remove ice during the "ache" stage. Advise them to expect this ache and make them aware that this sensation will soon pass.

WHEN TO USE ICE THERAPY:

Ice therapy should always be used immediately after any muscular related injury, anytime there is swelling or intense pain due to the throb of the swelling itself.

TIME OF TREATMENT:

Use ice treatment 15 minutes per hr. That is, 15 minutes with ice, than 45 minutes without. It is extremely important to use a wet paper towel (or something similar but not too thick) to separate ice from skin to prevent skin damage.

R.I.C.E. FOR FIRST AID:

- Rest the injured area, THIS MEANS STOP ACTIVITY, NOT LESSEN ACTIVITY!!!
- Ice the injury
- Compress the injury (wrap with ace bandage or something similar)
- Elevate the injured area above the heart.