



### **The Application of Ice in Acute Injuries**

1. Place a thin towel over the area that is to be iced.
2. Leave the ice on the area for 20 minutes. Repeat this procedure every two (2) hours you are awake.
3. You will feel a burning, stinging, and aching sensation before you go numb.

### **Contrast Therapy Instructions**

Please follow this protocol 3 times a day in this order:

1. Apply heat for 10-20 minutes.
2. Apply ice for 10-20 minutes.
3. Apply heat for 10-20 minutes.

Apply moist heat using a hot pack.

### **Epsom Salt Instructions**

1. Mix one (1) cup of Epsom Salt for every gallon of water. Make the water as warm as is comfortable.
2. Soak for 20-30 minutes.
3. Repeat 2-3 times per day.