

Ice Instructions:

- Place Ice on area of most pain.
- 15-20 minutes on, keep off for 40-45 minutes or until skin feels back to normal temperature.
- Can repeat again.
- Ice minimum 2 times per day, optimally 3 times.

\***Refrain** from using **HEAT** while in acute (intense) pain. Heat can increase swelling and inflammation around the site of pain.