

Ice is useful to reduce the heat, pain and swelling associated with soft tissue or joint injury. This can be done immediately following an acute injury, such as a sprained ankle or for more long standing aches and pains that have been aggravated by activity.

Many people find Ice therapy helpful when used as a short-term management of injuries and is unlikely to have a negative effect. A reduction in pain and swelling in an acute injury helps you start to move the foot and ankle more comfortably and aids early rehabilitation.

### Benefits of Ice Therapy

- Reduce swelling.
- Pain relief.
- Reduces muscle pain and spasm.
- Helps you to perform normal movement and activities more quickly.



### Ice Packs

You can use;

- A bag of frozen peas.
- Crushed ice cubes in a plastic bag.
- Gel packs from the freezer.

**Note:** Do not apply ice directly to the skin as this can cause ice burns. Wrap in a damp tea towel to protect your skin.



### Use

- Apply ice for up to 20 minutes with gentle pressure 2-3 times per day until symptoms subside or as required in long-standing (chronic) injuries.

### Precautions

Do not use ice packs:

- Over broken skin or wounds.
- If you have poor sensation in the legs especially if you have Diabetes.
- Over areas of the body with known poor circulation.
- In the presence of infection.

**“This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg”.**