

## Using Ice Safely

**A reduction in pain and swelling in an acute injury helps you start to move more comfortably and aids early rehabilitation.**

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.

### Benefits of Ice Therapy

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

### You can use:

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

### How to use:

- To avoid damage to your skin wrap ice in a damp tea-towel before application
- Apply ice for up to 10 minutes with gentle pressure 2-3 times per day until symptoms subside or as required in long-standing (chronic) injuries

### Do not use ice packs:

- Over broken skin or wounds
- If you have poor sensation or over an area of skin that is numb, especially if you have Diabetes
- Over areas of the body with known poor circulation or for people who have a diagnosis of Raynaud's disease
- With a diagnosis of hypersensitivity to cold
- In the presence of infection

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