

# Reliant Medical Group

Rehabilitation & Sports Medicine

## How to do Ice

Always place some cotton material between you and the ice. Use pillowcases if you have them. They can be folded in halves or quarters. After 10 minutes remove a layer of material. Try and remove a layer every few minutes until there are only 1 or 2 layers between your and the ice. When you are finished your skin should be pink or red. Never put cold ice directly on the skin as your could get frost nip. Should this happen just cover the area with your palm until it warms up. Do not rub it because you will rub off the top layer of skin. Advise your therapists if this has happened to you. Total ice time is 30 min ice on and 1 hour ice off.

Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143  
■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

**Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.**

Internet Access: [www.reliantmedicalgroup.org](http://www.reliantmedicalgroup.org) Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets