

What is Ice Therapy?

The application of ice, cold packs (gel), cold towels, ice massage and ice compresses is used to reduce the temperature of tissues directly below the surface of the skin.

How does Ice Therapy Work?

Surface cooling constricts blood vessels, numbs painful areas, and relaxes muscle spasms. Colder temperatures reduce nerve transmission of painful symptoms and provide temporary relief. Early application of ice to injured areas has been shown to speed up the healing of soft tissues.

When should Ice Therapy be used?

Ice is most often used to manage acute injuries or recent eruptions of chronic conditions. Cooling affected tissues is effective in reducing and preventing post-traumatic swelling. Local cooling should be applied several times a day during the initial stages of an injury for 15-20 minutes per application.

Benefits of Ice Therapy

1. Helps reduce swelling and inflammation.
2. Numbs affected area to reduce pain.
3. Reduces muscle spasms.
4. Inexpensive and can be self-applied. Is readily available.

INSTRUCTIONS:

THERA-BAND™ Exercise Ball provides dynamic exercise for the whole body.