



ROYALFREE
world class care and expertise

Private Patients

Ice Treatment at Home

at The Private Physiotherapy Clinic,
The Royal Free Hospital



Ice helps to reduce pain, inflammation and swelling following injuries to muscles and joints and following surgery.

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What to do:

1. Soak a cloth in cold water
2. Wring out thoroughly
3. Place crushed ice in a plastic bag or a bag of frozen peas in the centre of the cloth.
4. Place the ice over the area to be treated
5. Leave for 20-30 minutes
6. Regularly check the skin for any signs of irritation such as redness or blotchiness

If you have poor skin condition or poor circulation the use of ice may not be suitable. Discuss this with your physiotherapist or doctor.

To find out more contact us on:

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