Ice therapy to ease low back pain

Your doctor has advised ice treatment to ease your low back pain. The following recommendations will help you use ice packs safely.

- Keep one ice pack in the freezer while you use another.
- To prevent frostbite, always keep at least one layer of cloth between your skin and the ice pack. You can wrap the pack in a tea towel. DON'T LET THE PACK TOUCH YOUR SKIN.
- Apply the ice pack to the painful area using light pressure. Don't press hard.
- You may feel coldness or mild discomfort for about 5 minutes at first, as cooling of the area begins. Pain relief will begin shortly.
- Continue to use the ice pack for another 20 minutes.
- Take a 10-minute break between icing sessions.
- Repeat this cycle at least 4 times a day, preferably 6 to 8 times a day. The secret to reducing pain is the repeated use of the ice pack.
- While you're at work, use the ice pack on the painful area at least twice for 20 to 30 minutes each time.
- Call your doctor right away if you have any questions or if your condition worsens.
- Ask your doctor before using ice packs if you have Raynaud's phenomenon, severe peripheral vascular disease, or another cold sensitivity condition.

How to make your own ice packs

You can prepare your own ice packs using securely locking plastic bags in the 1-gallon size and a bottle of rubbing alcohol (70% isopropyl). Fill 2 plastic bags with 4½ cups of water and 1½ cups of rubbing alcohol each. Double both bags to prevent leaks. Place both double bags in the freezer for 4 to 6 hours. (Use regular ice cubes until your ice packs are frozen.)

CLIP AND SAVE

ICE THERAPY FOR LOW BACK PAIN

NOTES

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