

ADVANCED CHIROPRACTIC CLINIC

Dr. Steve Troyanovich

322 Susan Drive, Suite B • Normal, Illinois 61761

Telephone 309.454.5556

APPLICATION OF ICE PACKS TO PAINFUL SPINAL AREAS

1. Wet hand towel, wring it out, and fold it in half twice (i.e. $\frac{1}{4}$ size).
2. Place the folded towel into a zip lock bag.
3. Put the bag containing the wet towel into the freezer.
(Make sure you lay the towel flat)
4. Freeze the wet towel until solid.
5. Lay the bag on a firm surface (a thickly carpeted floor is best) and lie with the affected areas on top of the ice pack.
6. Schedule of ice application:

30 minutes on → 30 minutes off → 30 minutes on → GO TO BED!

You may do more 30 minute intervals as time permits before bed, but NEVER more than 30 minutes of ice application at a time.

7. Lie flat on the floor with knees bent as shown below:



Ice Pack

*Place ice pack under affected area(s)
as directed by Dr. Troyanovich*

8. Place a thin towel between your skin and the ice to prevent skin irritation (frost bite).