

How To Ice An Injury

Icing an injured body part is an important part of treatment. Icing injuries can be effective for sprains, strains, overuse injuries and bruises.

20 mins ON

20 mins OFF

20 mins ON 2X PER DAY



CAUTION FROSTBITE

**** COVER THE ICE PACK AND DONT LEAVE ON YOUR
SKIN LONGER THAN 20 MINS****