



Centers for
Orthopaedics
Experience in Motion

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ICING

Icing should be done whenever you have done something to make your arms ache. If you can't ice immediately, definitely do so by the end of the day.

Ice by doing the following:

- Use gel packs if possible
- Lay the pack along the length of your forearm (from elbow to wrist). It helps to wrap it on with an ace wrap or something. So you can get up and move about.
- Keep in place for 15-20 minutes

ALWAYS PUT A CLOTH BETWEEN YOUR SKIN AND THE ICE.

NEVER APPLY ICE DIRECTLY TO SKIN.

Call your therapist if you have any problems or questions

Therapist: _____ Date: _____