**WHAT IS CRYOTHERAPY?**

Cryotherapy is a term that describes the application of ice, cold towels, ice massage and compresses to reduce the temperature of tissues directly below the surface of the skin.

**HOW DOES CRYOTHERAPY WORK?**

Surface cooling constricts blood vessels, numbs painful areas, and relaxes muscle spasm. Colder temperatures reduce nerve transmission of painful symptoms and provide temporary relief.

**WHAT DOES CRYOTHERAPY FEEL LIKE?**

Ice is most often used to manage acute injuries or recent eruptions of chronic conditions. Cooling affected tissues is effective in reducing and preventing post-traumatic swelling. Local cooling should be applied several times a day during the initial stages of an injury.

**WHY IS CRYOTHERAPY USED?**

Cryotherapy is inexpensive, readily available, and an easy way to reduce local swelling of inflamed tissues.

***DIRECTIONS***

1. Use ice pack directly from freezer.
2. Place paper towel or single layer of clothing between ice pack and body.
3. Apply to pain area for 15 minutes maximum.
4. Remove for 45 minutes minimum after application.
5. Re-apply for 15 minutes if necessary.

**HOW DOES ICE THERAPY BENEFIT YOU?**

* Helps reduce swelling and inflammation.
* Numbs affected area to reduce pain.
* Reduces muscle spasms.
* Inexpensive and can be self- applied.