JAYA® CHIROPRACTIC



How to Apply an Ice Pack

Simple steps to help reduce pain and swelling

♥ Cool it • Soothe it • Feel better ♥

Small steps make a big difference! ♥

1 Prepare the Ice Pack

1. Use a cold pack, ice pack or a bag of ice (wrap it with a thin towel).
2. Make sure it's cold, not frozen solid.
3. Wrap it in a clean towel or cloth to protect your skin.



2 Find the Pain Area

1. Identify the area that hurts (e.g. back, neck, shoulder, knee, etc).
2. Make sure the skin is clean and dry.



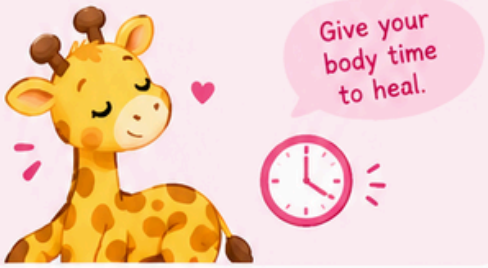
3 Apply the Ice Pack

1. Place the wrapped ice pack on the painful area.
2. Press gently so it stays in place.
3. Keep it there for 15–20 minutes.



4 Take a Break

1. Remove the ice pack after 15–20 minutes.
2. Wait at least 1 hour before reapplying.
3. Repeat 3–4 times a day, or as recommended by your chiropractor or healthcare provider.



5 Extra Tips

1. Always use a towel – never apply ice directly to your skin.
2. Don't use for more than 20 minutes at a time.
3. If you feel increased pain, numbness or skin changes (white/red), remove the ice pack and stop using it.



Repetitions
3–4 times a day (or as needed)

Hold time
15–20 minutes per session

Tips
- Use a towel or cloth.
- Do not use ice directly on skin.
- Stop if it causes more pain.

Small care helps your recovery! ♥

Disclaimer: Please seek advice from relevant healthcare provider.