

## Cold Treatment Instructions

### Protection - Rest - Ice - Compression - Elevation

#### General Instructions:

Apply the cold compress treatment over the area of maximum pain or as directed by your practitioner.

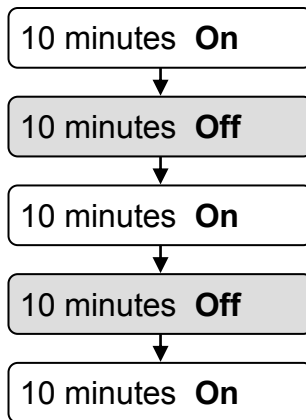
#### What You Need:

A bag of cold peas, ice pack or cold pack, **wrapped in a tea towel** (to avoid freeze burns of the skin & nerve damage).

#### Warning!!!!

**Never keep a cold compress on for longer than 20 minutes.**

#### Directions For Use: Total Time (50 Minutes)



Rest for 1 hour then again.

repeat the procedure

Apply procedure (3x) (4x) (5x) daily

Any problems, **STOP** treatment & ring the clinic to discuss with your practitioner .

Practitioner ..... Date .../.../...

