

How to use Ice Compress

(Note: Do not use longer than 30 minutes at one time.)

- Polar Ice Pack:** Take out pack of freezer and break up. Wrap in paper towel, and place over the area designated by the doctor.
- Plastic Bag:** It's preferable to fill bag with crushed ice, or use ice cubes.
- Plantar Fasciitis icing instructions:** Freeze a small water bottle and place you foot directly on frozen bottle. Roll the affected foot back and forth along water bottle. Make sure you roll the bottle the entire length of your foot. Repeat rolling motion for 10-15 minutes.

Frequency

Apply Ice:

- | | |
|--|--|
| <input type="checkbox"/> Every two hours | <input type="checkbox"/> Twice daily |
| <input type="checkbox"/> Every three hours | <input type="checkbox"/> Three times daily |
| <input type="checkbox"/> Once daily | <input type="checkbox"/> Other_____ |

Lengths of Applications

- | | | |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 10 minutes | <input type="checkbox"/> 15 minutes | <input type="checkbox"/> 20 minutes |
| <input type="checkbox"/> Other_____ | | |
-