



## Patient Information

## Physiotherapy Advice- Ice Therapy

Ice therapy can be used over swollen or painful joints to help reduce swelling and inflammation and help with pain.

### Instructions for use

- Place a towel under the joint to support it.
- Place a damp tea towel over the joint.
- Place ice pack (or medium size bag of frozen peas) over the tea towel.
- Leave the pack in place for 10-15 minutes- do not exceed this time as it may cause a burn on your skin.
- Remove ice pack and start your exercises.
- You may repeat this as often as you like during the day, but a two-hour gap must be observed between applications of ice packs.

Orthopaedic Therapy Team  
Telephone 01793605119  
Monday- Friday 8.15am-4.15pm  
Email: [gwh.orthopaedictherapy@nhs.net](mailto:gwh.orthopaedictherapy@nhs.net)

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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