

Icing Instructions



Ice 20 minutes of every hour around the neck and lower back for three consecutive hours. You can ice longer but not less.

If you are achey and sore, put 2 cups of Epsom salt in a tub with warm to hot water. Soak for 5-10 minutes. This can be done after the first 2 consecutive sessions of icing. However always finish on ice not heat.

If you are unable to get in the tub you can soak a hand towel in a basin of warm to hot water.

