

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: Pals@swft.nhs.uk or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

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South Warwickshire
NHS Foundation Trust

THERAPIES DEPARTMENT

Information about Ice Treatment

**If you are unable to attend your appointment please telephone
01926 600818 to cancel your appointment**

Why should I use ice?

Injury to the soft tissue of the body is a significant cause of pain and disability which can result in loss of joint function. Many different structures can be injured, for example muscle, ligament, tendon or cartilage. Ice helps to control pain, swelling, and muscle spasm and provides the best environment for healing to take place.

What are the benefits of ice?

- Reduces pain
- Reduces swelling
- Reduces muscle spasm
- Controls the inflammatory response

How should I apply ice?

1. Apply the ice pack of crushed ice cubes or a bag of frozen peas wrapped in a wet tea towel and leave in place for up to 15 minutes.
2. Repeat ideally every two hours, or as instructed by your physiotherapist.
3. Remove the ice immediately if the area becomes painful or excessively red.
4. It is normal for the skin to be slightly red after removing the ice. This reaction should fully settle before re-applying.

Precautions

It is possible to cause an ice burn if the ice pack is not applied as instructed above. The areas that are most at risk are any bony points or areas not covered by much fat e.g. elbows and ankles.

Contraindications

Do not use ice if you have any circulatory or sensation problems such as the following conditions:

- Raynauds Disease
- Peripheral Vascular Disease
- Sickle cell anaemia
- Hypersensitivity to cold
- Reduced sensation in the area of application.

Further information

If you require any further information after reading this leaflet please contact:

THERAPIES DEPARTMENT
Telephone: 01926 600818