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Ice Cup Massage

How to do ice massage at home...

1. To make an ice cup, fill a small paper (picture) or Styrofoam cup about two-thirds full, and freeze it until it is solid. We suggest that you make a few of them and keep them in the freezer; you'll never know when you need it. At least when you do it will be ready to go.
2. To use the ice cup, peel off the top of the cup so about 0.5 in. of ice is showing (Picture 1). The remaining part of the cup is for you to hold on to. As the ice melts, it will drip, so put a small towel under the area you are icing.
3. Rub the ice in small circles all over the affected area. (picture 2) Avoid areas where the bone is close to the skin, such as right over your kneecap, the point of your elbow, or your spine.
4. Continue for about 7 to 10 minutes, two or three times per day.



Other ice massage considerations:

Some people also find it is more comfortable to put a moisture barrier such as a section of plastic bag over the area, so the ice is not directly touching the skin. To try this, hold the plastic in place with one hand and rub the ice over it with the other hand. And keep the ice moving at all times.

If the ice melts down so the cup is touching your skin, peel more of the cup off.

You will go through 4 stages with ice massage, **first stage** is cold, **second stage** may burn, **third stage** will ache, then finally, **the fourth stage** and the most important stage is the numbing stage, as soon as this is achieved, remove the ice. Your skin will be pink and cold when you finish. You can do an ice massage several times a day if it helps you.



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