

ICE TOWELS METHOD OF CRYOTHERAPY

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Ice towels: This is a popular method of application because there is little danger of producing an ice burn. Prepare the ice solution by filling a bucket or bowl with two parts of flaked or crushed ice to one part water in which two terry towels are immersed.

The surplus water is wrung from towel, leaving as much ice clinging to it as possible. It is then applied to the part being treated. The towels are changed after every 30 seconds to 2 minutes. Upto ten towels can be applied consecutively with total treatment time of 15–20 minutes.