



Texas Orthopedics,  
Sports & Rehabilitation Associates  
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## Icing Recipes

### Homemade "Gel Packs"

#### Ingredients

- 2 cups of water
- 1 cup of rubbing alcohol
- 2 quart sized Ziploc bags

Fill one of the Ziploc bags with the water and the rubbing alcohol. Zip the bag nearly all the way closed and squeeze as much of the air out as possible. Then zip it closed. Put it inside another bag. Squeeze the air out of that one too. Put it in the freezer. I usually make several of these at a time, putting a paper towel in between each one and stacking them in the freezer.

The alcohol lowers the freezing temperature and makes mushy ice rather than a hard block of ice. It takes a full day for these to "set up" but you can reuse them several times. After awhile they start leaking and you have to put the mixture into new bags.

I always keep several of these handy for bumps and sprains.

And remember...**NEVER APPLY THEM DIRECTLY TO YOUR SKIN.**

### Ice Cups

#### Ingredients

- Styrofoam cups
- water

Fill each Styrofoam cup almost to the top with water. You have to leave a little space because when the water freezes, it expands. If you've filled the cup with water it will overflow when it freezes. Then put them in the freezer and freeze!

Once they're solid you can peel the Styrofoam down so that the ice is exposed but the cup remains in place to protect your fingers. Then massage the injured or swollen area for 2-3 minutes. The first minute might be a little intense, but after awhile the area gets numb and you can massage away.

*Important note: This is the one time you can apply ice directly to your skin. Because you're only doing it for a short period of time and because you are moving the ice, it is not likely to burn your skin.*

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