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Canine Rehabilitation

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Ice Pack Instructions

If you have been instructed to apply an ice pack, please follow these instructions:

Make an ice pack/slurry by mixing one part rubbing alcohol to two parts water in a plastic Ziploc bag and freezing overnight. We recommend double bagging the pack to prevent against leaks. Try to choose a bag/ice pack size that is large enough to wrap around the entire affected limb or joint. The goal is to end up with an ice pack slurry that can conform around the affected joint.

To apply the ice pack, have your pet lie on his/her side with the affected side up. Place a thick towel under the affected leg and between the limbs. This will help to protect the other limb and the rest of the body from the cold. Wrap the ice pack in a *thin* towel or pillowcase, then wrap the ice pack around the affected area with the pillowcase or thin towel between the ice pack and the skin. Leave the ice pack in place for 10-20 minutes. You may need to sit with your pet and hold the ice pack in place. Icing should be done after each exercise or passive range of motion session at home over the first few weeks, and will help to reduce pain, inflammation, and swelling. Ask your rehabilitation practitioner if you are having trouble with ice packing at home.

