Icing & Rest

**Ice:** Constricts the blood vessels so that an increased supply of blood (oxygen) is induced to flow to the injured area.

Ice the area for 10 minutes, 2-3 times a day until the swelling/heat disappears. If

there isn’t any swelling/heat then ice the area for several days or as needed for

soreness/pain.

Types of ice packs:

* You can use the store-bought ones for humans, but they tend to not work as well, as they do not cover or mold to fit the area needed.
* Home-made ice packs work pretty well. In a Ziploc freezer bag, combine 2 parts water to 1 part rubbing alcohol. The mix will become slushy and molds well. You’ll have to play around with the measurements to get the right amount that works best for what you need.
* Ice chips tend to work best. They take longer to melt and still mold well. You can just place those is a Ziploc freezer bag as well.

\*Whichever type you decide to go with, just make sure that it covers the entire area. Example; For the knee, it would need to cover the inside, outside and front of the knee.

\*Remember to always place a thin towel or somethings similar in between the ice pack and the area being treated.

**Rest:** Is essential for a certain period of time. However, after prolonged rest, the animal’s muscles will not be prepared for strenuous work without conditioning.

Rest includes;

Limiting actives, outdoor time and strenuous use of the area, and keeping walks

short.

\*See full list if given for specific injuries\*