

Knee Pain Icing Instructions

Dr. Barba recommends a daily icing program for relief of your knee pain. While applying ice to the knee seems insignificant, it is a very important component of relieving your symptoms. The reason your knee hurts is because it is not working right mechanically, and this causes inflammation. The purpose of icing is to decrease inflammation under the knee cap (patella).

- Purchase small bathroom Dixie cups, fill them with water and freeze.
- Everyday apply frozen Dixie cup directly over the knee cap for 20 minutes.
- It is going to feel very cold and will melt, so use a towel under your leg.

Icing, when done correctly and regularly, really works!