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### *Instructions for Cryotherapy “Ice Slush”*

Ice – 20 minutes every 2 hours. This will help decrease swelling, pain, and inflammation.

#### Recipe to Create the Ice Slush Concoction

1 Gallon “freezer type” Zip-lock bag (double bag it)

4 cups of water

2 cups of rubbing alcohol

Place in the freezer to create the Ice Slush.

When ready to ice, place in a pillow case and apply to injured area.

Place back in freezer for reuse.



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