

Keith Meister, MD
Sports Medicine / Arthroscopy
Head Team Physician Texas Rangers



Shane Seroyer, MD
Sports Medicine / Arthroscopy
Joint Replacement

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.



Home to the Texas Rangers

MD Ph 817-419-0303
PT Ph 972-623-2629

3533 Matlock Road, Arlington, Texas, 76015

MD FAX 817-468-5963
PT FAX 972-623-2661