

Therapeutic Ice Soak for Wrist and Hand



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Goal: to reduce swelling and pain in wrist, hand, and forearm. This is a very effective home hydrotherapy for carpal tunnel and other hand problems – including "arthritis."

Equipment: plastic pitcher, tray of ice

1. Empty one ice tray in pitcher. Crushed ice can be used, but too much ice should not be used otherwise water will be too cold.
2. Add enough water to cover wrist/forearm.
3. Immerse hand in water so that water covers hand, wrist, and part of forearm. At first, water will be too cold to tolerate. Leave hand in until you have to take it out. This is about 30 to 40 seconds. Let hand warm up, and then immerse hand in water again. Repeat this process until you have accumulated 5 minutes of soaking.
4. You will find that when you remove your hand from the water, it feels warm. This is the return of circulation to the area. This brings new oxygen and nutrition to the tissues and reduces inflammation.

Note: This treatment should be done every day. Most people sit down at night to watch television or rest, so this is probably the best time.

After performing this therapy a number of times cold tolerance will be built up, and you can leave the hand in the water for longer periods of time, eventually for the whole 5 minutes.

Alternate Method:

Fill sink with cold water and add one tray of ice cubes. Place hand or hands in sink for as long as tolerable just as in instructions above.

Contrast Method:

Fill one sink with hot water as hot as can be tolerated, the other sink with cold water and ice. Start by placing hand or hands in hot water for as long as tolerable—and then after a short time place hand or hands in cold water. This moves the blood in and out of the tissues. It is very good for pain and stiffness in the hands, wrist, and forearm.

CAUTION! Use Common Sense With Hot And Cold Water!

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