## Haro Podiatry Center 1005 Clifton Avenue, Clifton NJ 07013 1815 Kennedy Blvd, Jersey City NJ 07305 (973) 777-5771

## *Ice Therapy Home Instructions*

Keep a bottle of water in the freezer during the day. At night, put the frozen bottle on the floor and roll your foot on it back and forth with some pressure for 20 minutes. Wear socks when doing this exercise to avoid ice burns.