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Muscle Recovery: Icing/Cryotherapy

In my last post on [muscle recovery](#), I talked about [self myofascial release](#) and how you can use it to help your muscles recover more quickly. Today, I'm going to briefly discuss one of the most old school techniques for recovery - ice!

Cryotherapy is essentially therapy involving low temperatures. It's often used to refer to the freezing of warts with liquid nitrogen and similar processes, but the term includes icing your muscles and joints.

It's very simple to perform cryotherapy for muscle recovery. Simply freeze a full water bottle upright (to avoid air pockets) and use it as you would a foam roller. I briefly mentioned this in my post on SMR - which is linked to above.

Spend at least 5 minutes on each area you want to ice. I recommend 10 minutes or even longer if you need it, but 5 is the minimum or you might as well not bother icing.

Then there's the "old school" methods that work great, and that's your basic icing techniques. Get a bag of ice, frozen peas or corn or something that is frozen but still flexible, or a water bottle.

Ice the area for about 30 minutes, then remove for the same period of time and repeat as necessary. If you've got multiple areas that need icing, ice one area for 30 minutes, then the other, then back to the first so you're getting one iced while the other is warming back up.

I could try to drag this on, but there's not much else you can do with ice (there's one more thing I know of, but that's the next post). So today's post is a bit short, but it'll help you recover faster - so use it!

Shawn Horwood

Questions? There's a nice comment area below for those. I'd be happy to help in any way I can!

You can also find this article published on [Muscle Recovery: Icing/Cryotherapy](#), and on the tag pages [faster muscle recovery](#), [muscle recovery](#), [muscle recovery techniques](#), [muscle recovery tips](#), [quick muscle recovery](#).