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### Ice-Cold Pain Relief

*Nothing beats back injury like the trusty old cold pack -- or these high-tech therapy tools.*

To manage pain and get athletes back into competition, trainers and physicians in big-time sports rely heavily on a simple weapon. "Ice is the staple of the training room," says Dr. Kevin Gebke, a physician at the Indiana University Center for Sports Medicine and a medical consultant to the Indianapolis Colts. Not only is icing a simple, highly effective way to control pain and swelling, it minimizes injury response, decreases soreness (see below), and, according to many athletes, quickens muscle recovery. But a lot of amateurs, turned off by the mess and discomfort, overlook its utility. Fortunately, new high-tech cooling devices make cold therapy easy. For everything from postworkout soreness to postoperative rehab, pro athletes are using these innovations to apply soothing cold (usually in combination with compression and elevation) to swollen joints, sore muscles, and unexpected on-the-field injuries.

#### Roller Ice

Athletes and trainers peel the paper off frozen Dixie cups of water to get a focused cold massage. The Roller Ice represents a much-needed technological upgrade. The body of the lightbulb-shaped device is filled with liquid, which when frozen keeps the stainless steel roller icy cold for more than an hour (\$35; [polarsoftice.com](http://polarsoftice.com)). BEST FOR: Tennis elbow, trigger point massage



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(December 2006)

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