

SHOULD I USE...

HEAT

or

COLD?

Heat is soothing to muscles and soft tissues. This is why people often use heat as a first resort.

However, in freshly injured structures, the body naturally goes through a state of inflammation.

Using heat on fresh joint injuries often has an unwanted effect. Namely, it can cause greater swelling and actually prolong the healing process.

As a rule of thumb, heat is better used to treat long standing conditions where increasing circulation is desired.

Directions:

- ★ Use heat cautiously, check skin frequently.
- ★ Use moist heat whenever possible.
- ★ Place on site for 15 minutes at a time.
- ★ Remove for one hour.
- ★ Use at a medium or low setting.

Cold reduces swelling and muscular spasm. It is especially soothing immediately following sprain/strain injuries.

Cold will prevent excessive swelling and enlargement of tissue. This speeds up the body's natural response to injury.

Use cold applications as instructed by your chiropractor. Very often this will go beyond 72 hours following an injury.

Directions:

- ★ Use cold sparingly. (No more than 20 minutes per session. Less time over age 60.)
- ★ Wrap cold pack with a dish towel. Do not place directly on skin.
- ★ Frozen peas or corn make a good cold pack.
- ★ Place on instructed site(s) for 20 minutes.
- ★ Remove for one hour.

Each condition is different. Therefore, not all treatment should be the same. Your doctor of chiropractic is an expert in joint and soft tissue injuries. His or her recommendations should be your guide for home care measures.