



ICE vs. HEAT



WHEN IN DOUBT, USE ICE!

WHAT IT DOES:

ICE CALMS DOWN DAMAGED TISSUE AND SLOWS DOWN THE BLOOD FLOW TO AN INJURY, REDUCES SWELLING, INFLAMMATION AND CONTROLS THE PAIN.

WHEN TO USE IT:

ICE SHOULD BE USED RIGHT AFTER AN INJURY OR ACTIVITY THAT AGGRAVATES A CHRONIC CONDITION. ICE IS GOOD FOR MIGRAINES HEADACHES, BUMPS, SPRAINS, AND STRAINS THAT MAY OCCUR WITH SPORTS, SLIPS AND FALLS, OR LIFTING. COLD THERAPY IS ALSO HELPFUL IN TREATING SOME OVERUSE INJURIES OR CHRONIC PAIN IN ATHLETES.

HELPFUL TIPS

- TREAT FOR NO LONGER THAN 15 MINUTES AT A TIME
- DURING TREATMENT CHECK SKIN EVERY 5 MINUTES TO MAKE SURE
- THERE IS NO DAMAGE, SUCH AS FREEZER BURN (SKIN WOULD BECOME REDDENED OR BLISTERED, JUST AS WHEN BURNED WITH HEAT).
- DO NOT APPLY ICE DIRECTLY TO SKIN, USE A THIN TOWEL.
- WAIT AT LEAST 1 HOUR IN BETWEEN COLD TREATMENTS.

WHAT IT DOES:

HEAT PROMOTES MUSCLE RELAXATION AND CAN INCREASE RANGE OF MOTION. IT OPENS BLOOD VESSELS TO INCREASE BLOOD FLOW, RELAXES MUSCLES AND HELPS ALLEVIATE PAIN.

WHEN TO USE IT:

HEAT IS A GREAT WAY TO HELP LOOSEN UP TIGHT JOINTS AND TIGHT MUSCLES. IT IS ALSO A GOOD METHOD OF PAIN RELIEF FOR TENSION HEADACHES AND OTHER CHRONIC CONDITIONS. ALWAYS WAIT 48-72 HOURS BEFORE CONSIDERING HEAT THERAPY.

HELPFUL TIPS:

- TREAT FOR NO LONGER THAN 15 MINS AT A TIME.
- DO NOT LIE ON A HOT PACK TO AVOID FALLING ASLEEP AND POTENTIALLY BURNING YOURSELF.
- DO NOT USE HEAT IF YOU HAVE NO FEELINGS IN THAT AFFECTED PART OF YOUR BODY.
- NEVER USE HEAT IF THERE IS SWELLING OR BRUISING.
- DO NOT APPLY HEAT DIRECTLY TO SKIN, USE A THIN TOWEL.
- DO NOT USE HEAT IF YOU HAVE POOR CIRCULATION, SUCH AS IF YOU HAVE DIABETES.
- WAIT 1 HOUR IN BETWEEN HEAT TREATMENTS.