

ICE OR HEAT - WHICH ONE TO CHOOSE?

WHY USE ICE?

Ice constricts blood vessels, which numbs pain, relieves inflammation, and limits bruising.

WHY USE HEAT?

The heat increases blood flow, which relaxes tense muscles and relieves joint stiffness.

PROBLEM SOLUTION

Herniated disc, bulging disc or pinched disc. Osteoarthritis of the spine.	BACK PAIN	Ice reduces inflammation and numbs pain.
Worn cartilage in the joints (knee, shoulder, elbow, fingers, etc.).	OSTEOARTHRITIS - ARTHRITIS	The moist heat relieves joint stiffness and relaxes tense muscles.
Pain in nerves or blood vessels in the head or muscles in the neck.	HEADACHE - NECK	Ice relieves throbbing headaches. Moist heat relaxes the muscle spasms of the neck.
Stretched muscles or injured tendons in the thigh, calf, back, etc.	SPRAIN	Heat reduces stiffness after the inflammation has dissipated.
Stretching or tearing ligaments in joints such as knee, ankle, foot, elbow, etc.	SPRAIN	Ice reduces inflammation and numbs pain. Heat reduces stiffness after the inflammation has dissipated.
Acute irritation, following activity, at the level of tendons attached to joints such as shoulder, elbow, knee, wrist, heel, etc.	TENDINITIS - BURSITIS	Ice reduces inflammation and numbs pain.
Chronic inflammatory arthritis (big toe, instep, ankle, heel, knee, wrist, finger, elbow, etc.).	ACHES	The moist heat relaxes muscle spasms and reduces pain.

HOW TO DO IT

- Apply the ice for 15 minutes then remove for 15 minutes and apply again, alternately, for one (1) hour and a half.

WARNINGS

- Do not use heat for acute injuries (48 hours). It increases inflammation and can delay healing. When in doubt, use ice!
- Use ice immediately after an injury to reduce inflammation.
- Do not use heat on a wound that is already warm to the touch.
- It is recommended never to apply ice or heat in the following cases: severe circulatory problem, significant decrease in sensitivity, heart problem, taking medication affecting judgment (danger of burning), malignant tumor (cancer) or on burned skin.