

WHEENK! HEALTH

ICE VS. HEAT

HAVE YOU EVER WONDERED WHEN TO USE ICE VS. HEAT?

USE ICE TO REDUCE INFLAMMATION -

- IMMEDIATELY AFTER AN INJURY
- DURING THE FIRST FEW DAYS OF AN OLD INJURY FLARE-UP
- OVERUSE INJURIES
- CHRONIC PAIN IN ATHLETES

HOW TO USE ICE -

TAKE A BAG OF ICE, FROZEN VEGETABLES, OR AN OVER-THE-COUNTER ICE PACK AND PUT IT ON THE PAINFUL AND/OR SWOLLEN AREA FOR 10-20 MINUTES, 2-5 TIMES PER DAY. USE AS LONG AS SWELLING IS PRESENT.

HEAT INCREASES BLOOD FLOW TO AN AREA. USE FOR -

- SORE, STIFF MUSCLES AND JOINTS
- TO RELAX TIGHT MUSCLES
- MUSCLE SPASMS
- CHRONIC PAINFUL AREAS
- ARTHRITIC AREAS

HOW TO USE HEAT -

PUT PLUG IN TYPE HOT PACK OR HOT WATER BOTTLE OVER AFFECTED AREA FOR 20-30 MINUTES, 2-3 TIMES PER DAY. DO NOT SLEEP WITH HOT PACK.

CAUTION!

HEAT CAN INCREASE SWELLING IN AN AREA BY INCREASING BLOOD FLOW TO THAT AREA. THIS CAN INCREASE PAIN IN A SWOLLEN OR NEWLY INJURED AREA. DON'T PUT HEAT ON A HOT, SWOLLEN JOINT.

ICE ON THE OTHER HAND USUALLY HAS NO DOWN SIDE.

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