

HEAT vs ICE

RULE OF THUMB: HEAT is for muscles. ICE is for injuries

WHAT IT DOES

HEAT opens up blood vessels to increase blood flow, relax muscles and improve range of motion.

WHEN TO USE IT

Use it to loosen up stiff joints and tight muscles. It can help reduce tension headaches and other chronic conditions.

Always wait **72 hrs** before considering heat therapy.

When in doubt, ICE it out.

HELPFUL TIPS

- Treat no longer than 20 minutes at a time.
- Do not fall asleep on heat pack.
- Avoid heat if you have numbness.
- NEVER use heat if there is swelling.
- Do NOT apply directly to skin. Use a thin towel.
- Do NOT use heat if you have poor circulation or Diabetes.
- Wait one hour between treatments.

WHAT IT DOES

ICE calms down damaged tissue by slowing blood flow to an injury, reduces swelling, inflammation and controls pain.

WHEN TO USE IT

ICE should be used right after an acute injury or activity that aggravates a chronic condition. ICE is good for sprains, strains, slip and falls, overuse injuries or lifting injuries. ICE helps with overuse and even chronic pain injuries in athletes. **When in doubt, ICE it out.**

HELPFUL TIPS

- Treat no longer than 20 minutes at a time.
- During treatment check skin every 5 minutes for irritation. Do NOT apply directly to skin, use a wet thin towel.
- Wait 30 minutes between treatments.