

MOIST HEAT or ICE?

ICING INSTRUCTIONS

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If you are injured and can stand the pain--if the pain goes away in 1-2 days--you're fine.

If the pain is severe or lasts more than two days, get it checked out. In most cases, pain greater than two days is a sign of a severe condition or a damaging injury which will not heal without treatment.

In cases of traumatic injury like a car accident or work related injuries, you should be evaluated by a doctor even if you feel OK. In these cases, shock can cover up symptoms which are hidden and severe.

As always, please call my office if you, your family or friends have any health care questions. I will be more than happy to discuss them.

Dr. Mark J. Glesener

During the first 24-48 hours you are injured, use ice. Ice is beneficial for reducing pain and swelling. Do not use ice on open wounds.

ICING INSTRUCTIONS

To ice an area, use an ice pack which forms to the shape of the area you are treating. Use an ice pack from the doctor or drug store, a bag of frozen peas or corn, or ice cubes/crushed ice in a self-sealing, plastic refreezable bag. To transfer the cold to the injured area, cover the ice bag with a wet cloth. (This also reduces the initial shock to the area of the injury.)

Treat with the ice pack until numbness occurs. In most cases, treatment may be repeated once every half hour. Do not leave intense cold on an area for longer than suggested. This can freeze tissue and create even more pain and swelling.

MOIST HEAT INSTRUCTIONS

Use moist heat to increase range of motion and blood flow to an area to begin healing. (In the rare case icing does not help or it makes an injury worse, moist heat can also be applied.) It is also safe to use moist heat after icing an injury for 24-48 hours or after the swelling is down.

Moist heat can be from a moist heating pad damp towel heated in a microwave oven, a hot shower or a hot bath. Do not use a dry heating pad. This irritates the skin surface and aggravates the injury. Do not use a towel on a heating pad not designed for this purpose. There are specially designed, inexpensive, moist heating pads available.

Treatment time is 10-15 minutes. You can repeat this once every half hour if you find it beneficial. If it aggravates the condition, change to ice.

ALTERNATING MOIST HEAT AND ICE

Another beneficial treatment is alternating heat and ice therapy. This treatment can accelerate healing after the pain has started to subside. Apply moist heat or ice for 10-15 minutes and then switch.