

## ICE OR HEAT?

### CHOOSE THE RIGHT ONE FOR YOUR INJURY

**Ice** is a good choice for the first few days following an injury. It reduces blood flow to the area to help decrease inflammation and control pain. Opt for ice if injuries, exacerbations of a chronic issue, or inflamed, red, hot, and swollen tissue.

**Heat** is helpful to promote healing, decrease muscle spasms, and reduce pain. This is achieved by increasing blood flow to the area. Reach for a hot pack to soothe tight and stiff muscles and joints and to decrease muscle spasms and knots.

For both heat and ice, careful application is a must!

- When **icing**, use a single layer of a damp towel between your skin and the ice pack.

- For **heat**, make sure the temperature is warm, not hot.

For both, leave on for 10 to 15 minutes, and if performing several times through the day, try to space out the icing/heating sessions by at least an hour.

