ICE VERSUS HEAT

WHAT SHOULD YOU USE & WHEN?

ICE

Use on acute injuries such as sprains, sciatica, or sudden back pain.

Its purpose is to reduce swelling and inflammation by constricting blood vessels.

Apply to the injured area within 48-72 hours in cycles of 10-20 minutes per hour.

Do not apply ice directly to skin. Skin could become frostbitten.

HEAT

Use on chronic conditions like reoccurring injuries and tight muscles.

Its purpose is to increase blood flow, providing oxygen and nutrients.

Apply to area where pain is felt in cycles of 20-30 minutes per hour.

Discontinue if skin becomes painful or inflamed.

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