

CHECKLIST

DO I APPLY
ICE OR
HEAT?



IMPROVE YOUR
HEALING TIME
&
GET BACK TO WHAT
YOU LOVE DOING -
FAST

INTRODUCTION

IMPROVE YOUR HEALING TIME & GET BACK TO WHAT YOU LOVE DOING FAST

Thank you for requesting this resource! Use this as a tool to guide you to apply the most effective method to help reduce your inflammation and pain and to enhance your recovery. It also includes other great tips on how to achieve the fastest recovery you can.

CONTENTS

- Application of Ice
- Application of Heat
- Application of Ice & Heat
- Tips to improve healing
- Cautions



APPLICATION OF ICE

REDUCE INFLAMMATION, SWELLING & PAIN AROUND THE TIME OF INJURY

- Recent sprains or strains - within 24 hours of injury
- Flare up of chronic injuries & pain
- Areas that exhibit redness, heat, swelling & inflammation
- Migraines - cold compress over forehead
- Inflammation related to Gout

How to:

10 minutes every 2 hours for 24 hrs following injury

Use an ice pack, ice cubes in a bag, frozen peas

Cover cold source with a towel

Avoid:

Exercise or strenuous activities 30 minutes after removing ice



APPLICATION OF HEAT

RELAX MUSCLES, ENHANCE CLEARANCE OF WASTE PRODUCTS & DELIVERY OF REPAIR CELLS

- Sprains or strains beyond 24 hours after injury
- Flare up of chronic injuries & pain - long term issues, arthritis, repetitive strain injuries
- Dull pain & stiffness that comes & goes
- Arthritic conditions - especially osteoarthritis
- Headaches - apply heat to back of neck & across shoulders
- Warming up - Before exercise, getting out of bed, physical work, lifting & gardening

How to:

20 minutes every 2-3 hours

Use a heat pack or a towel soaked in warm water

Avoid:

Applying heat up to 1hr after exercise or strenuous activities



APPLICATION OF ICE & HEAT

GET THE BENEFITS OF BOTH ICE & HEAT

- Muscle & tendon sprains or strains at any time
- Flare up of chronic injuries & pain
- Tendon irritation
- Areas that require increase blood and fluid flow

How to:

Cycle ice & heat every 5 minutes for 20 mins.

- 5 minutes ice, 5 minutes heat, 5 minutes ice, 5 minutes heat

Use an ice pack, ice cubes in a bag, frozen peas with a tea towel

Cover cold & heat source with a towel

Use a heat pack or a towel soaked in warm water

TIPS TO IMPROVE HEALING






IMPROVE YOUR HEALING TIME AND GET BACK TO WHAT YOU LOVE DOING FAST

- Anti-inflammatory diet - Mediterranean diet, eliminate gluten, dairy, sugar, alcohol & caffeine
- Prioritise sleep - Sleep 8+ hours per night, especially 10pm - 2am to maximise tissue regeneration and healing
- Drink plenty of clean, filtered water
- Use the injured & painful area moderately, within the limits of pain. For example weight bear on an ankle sprain as soon as possible.
- Natural anti-inflammatories - turmeric (curcumin), fish oil, SPM's, boswelia, quercetin
- Apply natural anti-inflammatory creams like Fisiocrem, Traumeel, Blue Ice Gel
- Seek advice & treatment from your Osteopath to improve healing time & minimise the chance of re-injury

CAUTIONS

ENSURE SAFE USE OF ICE & HEAT

Don't use cold or heat packs:

-  Directly on the skin - place tea towel or towel over source
-  Over areas of skin that are in poor condition
-  Over areas of skin with poor sensation to heat or cold
-  Over areas of the body with known reduced feeling
-  Over open skin (cover cuts or grazes) or areas of infection