

HealthSource Chiropractic

Appropriate application of Ice and Moist Heat

The proper usage of Ice and Moist Heat in the treatment of musculoskeletal and neurologic injury states can be invaluable to symptom management and recovery time. If used correctly, these measures can be significant in decreasing the magnitude of the inflammatory cascade, the body's natural response to tissue damage and trauma. Additionally, the efficiency of tissue repair and recovery is greatly enhanced.

Generally speaking, the initial 48 to 72 hours of an injury state is considered to represent the "ACUTE" stage of injury. In this phase, the body is aggressively responding to irritation and is greatly aided through the use of **ICE**. This is followed by the "SUB-ACUTE" phase, which takes benefit from the alteration of **ICE AND MOIST HEAT** in 10 minute intervals. The sub-acute phase can last from 3 to 6 days, and is then followed by the "REPAIR" phase. It is at this point that the application of **MOIST HEAT** may be preferred, although certain conditions demand the continued use of ice. Please consult with your treating doctor for specific instructions regarding your symptoms.

Place a moist towel over the affected area prior to the use of ice or heat

_____ Apply an ice pack in 15 to 20 minute intervals each hour for several hours. Continue as needed but **DO NOT EXCEED THE 20 MINUTE TIME INTERVAL.**

_____ applications/day

_____ Apply moist heat in the form of a hot water bottle or a hot pack in 15 to 20 minute intervals each hour for several hours, continue as needed. **DO NOT EXCEED THE 20 MINUTE TIME INTERVAL.**

_____ applications/day

_____ Alternate ice and moist heat in 10 minute intervals. Apply heat for 10 minutes followed by ice for 10 minutes. Repeat this continuously for one hour.

_____ applications/day