

CHIROPRACTIC ON EAGLE PRESENTS

HEAT OR COLD THERAPY?

THE DEFINITIVE GUIDE



Chiropractic on Eagle

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HEAT OR COLD?

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EXPLANATION:

Heat causes vasodilation. This means your blood vessels expand and will cause an increase of blood flow to the area that the heat is applied. Not only does blood carry oxygen to the tissues but it also carries specific nutrients and repair chemicals.

Cold causes vasoconstriction. This means your blood vessels tighten in the area where it is applied. This means that less blood is able to enter into that area because the blood vessels contract in size.



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APPLICATION:

Heat:

Typically used for old, chronic, nagging injuries. Examples would be for things like arthritis, repetitive strain injuries or areas that are "always" sore.

Cold:

Typically used for new, acute, inflamed injuries. Examples would be a newly sprained ankle, pain caused from a fall or a flare-up of an old injury.

Important: Inflammation is the body's natural inborn way to help the body heal. Heat or cold therapy can provide pain relief, but thankfully the body naturally heals from the inside.



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APPLICATION (WHAT TO USE):

Heat:

Heating pads, heat packs, warm baths or tissue massage are all effective ways to heat an area.

Cold:

You can use an ice pack, crushed ice with or without water (to conform better), or frozen veggies. If using an ice pack place a thin cloth between the skin and pack.

***Be careful not to leave ice directly on skin for too long as frost nip can occur.*



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APPLICATION:

Heat or Cold:

The type of injury you have, will determine whether you apply heat or cold.

The most important thing for the effectiveness of your temperature therapy will be timing.

Use **15 minute intervals** for best results. **15 minutes on** the affected area, followed by **15 minutes off** the area.

Some people find that alternating between heat and cold in 15 minute intervals to be effective as well.



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IMPORTANT:

Heat or **Cold**:

Whether your injury calls for heat or cold therapy, moving the area will be one of the best things you can do to help relieve pain and speed recovery.

Joints and muscles are designed to move, so please speak with your chiropractor to learn what you can do to help speed your recovery while using the information in this guide.

"Motion is lotion for your joints and muscles."



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QUESTIONS?

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