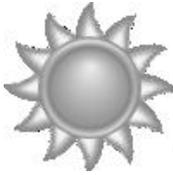


HEAT OR COLD



TREATING WITH THE RIGHT TEMPERATURE

QUESTION	HEAT	COLD
What Does It Do?	<ul style="list-style-type: none"> * ↑ tissue temperature which leads to: <ul style="list-style-type: none"> -↑ muscle & joint flexibility -↓ muscle spasm * ↑ blood flow which leads to: <ul style="list-style-type: none"> -↑ oxygen supply & cells to combat injury -↑ removal of waste products from the injury, ↓ pain and scar tissue 	<ul style="list-style-type: none"> * ↓ tissue temperature which leads to: <ul style="list-style-type: none"> -↓ nerve sensitivity which ↓ pain & muscle spasm * ↓ blood flow which leads to: <ul style="list-style-type: none"> -↓ swelling & bleeding, accelerating recovery - slowing of the production of irritating chemicals, ↓ pain & disability
When Should I Use It?	<ul style="list-style-type: none"> * To ↓ pain & ↑ healing for joint & muscle pain that NOT severe and is NOT due to an injury in the past 48 hours * For muscle relaxation * To warm up prior to stretching or exercise 	<ul style="list-style-type: none"> * To ↓ pain and swelling for the first 48 hours after injury to muscles & joints * To ↓ pain in hot arthritic joints
When Should I NOT Use It?	<ul style="list-style-type: none"> * For joint & muscle injury in the past 48 Hours * On hot and swollen muscles & joints * On injuries that are still ↑ing bruising 	<ul style="list-style-type: none"> * On muscles that are sensitive to the cold e.g. fibromyalgia * In areas with poor circulation * Diabetics should be very careful using cold
How Do I Apply It ?	<ul style="list-style-type: none"> * Apply for 20 to 30 minutes. Can be reapplied in 2 hours. Watch for burning. * Moist heat is best. For convenient home use, use a hot water bottle, a heating pad, a microwaveable grain bag or a gel pack. Do NOT sleep with a heating pad turned On. Be careful not to over heat microwaveable bags. 	<ul style="list-style-type: none"> * Apply 10 to 20 minutes. Can be reapplied every 2 hours. Watch for frostbite. * A bag with ice cubes in a bit of water then wrapped in a damp towel is the best way to cool the body. Commercial gel packs are a convenient alternative. Using frozen vegetables is not as effective.

PRECAUTIONS

There are exceptions to every rule.

This information is a guideline only. Any serious or questionable injury requires professional attention.

Neither heat nor cold should be used if you have poor temperature awareness.

A CHEAT CHART FOR SOME COMMON CONDITIONS

THE CONDITION	HEAT	COLD
Muscle or joint injury occurring in the past 48 hours	no	yes
A chronically sore muscle or joint	yes	can try
After exercising an irritable muscle of joint	not usually	yes
Muscles always sensitive to cold	yes	no
Acute muscle spasm following injury	not usually	yes
General muscle soreness after a work out	can try	can try
Arthritic joints	yes	can try