



## Spectra Chiropractic & Wellness

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### Heat & Ice Instructions



#### When to Use Ice:

1. Never apply heat to an acute (sudden) or fresh injury.
2. Use ice for 1-14 days after an injury.
3. When there is visible swelling in the area.
4. When the area feels hot to the touch or looks red when compared to the other side.

#### When to Alternate Ice & Heat:

1. Usually 2-4 weeks after an injury.
2. The advantage of alternating is the pumping action caused by constriction and opening of the blood vessels, so it is best utilized when old inflammation needs to be “pumped” out of an area.

#### When in Doubt:

Always use ice when in doubt or consult your Chiropractic Physician.

### INSTRUCTIONS

#### Instructions for Ice:

1. Take a towel and make it wet with cool water.
2. Place 6-12 ice cubes in the towel.  
– OR –
3. Use a comfort gel pack that has been in the freezer.
4. Place the towel/gel pack on the affected area. Do not lay on the ice.
5. Leave ice/gel pack on area, 15-20 minutes; no longer than 20 minutes.
6. Repeat this procedure once every hour, at least 1-2 treatments per night (as needed).



#### Instructions for Heat:

1. Place heating pad, hot water bottle, or warm gel pack on affected area.
2. Leave on for up to 20 minutes.
3. Heat should be followed by pain-free stretching and/or range of motion exercises.

#### Instructions to Alternate Ice and Heat:

1. Apply heat to the area for 5 minutes.
2. Quickly remove heat and apply ice/gel pack to the area for 1 minute.
3. Quickly remove ice/gel pack and reapply heat for 5 minutes.
4. Repeat steps 1-3, 2 to 3 times.
5. Always end with ice/gel pack.

