



### *Ice and Heat Therapy*

You can seldom make a mistake by using ice therapy to help with an acute injury. In fact, a good rule of thumb is for the first three days after an injury, use ice only. Sometimes heat can actually increase the pain, swelling and bruising after an injury. But after three days, you should be fine using moist heat, if you prefer that to ice.

For ice application, run a washcloth under comfortably hot water and place over area of injury. Then you can apply a flexible ice pack over this washcloth.

For heat application, moist heat is always preferred. A hot water bottle is easiest, or placing a washcloth run under comfortably hot water over the area of focus before a heating pad application (watch water and electricity, please) can suffice.

Ice and heat therapies are safely used for twenty minutes out of every sixty, which means twenty minutes of ice or heat followed by a forty minute rest. After your forty minute respite, you can re-apply your ice/heat.

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