

HEAT vs. ICE

Heat: Helps reduce & soothe tight, achy, stiff muscles.
(works well during cold weather)

Symptoms: Neck, mid back & low back stiffness, achy muscle pain, muscle spasms

Packs and Compresses for Heat therapy

- * Moist heat is recommend but a heating pad is another option
- * A gel pack that can be micro waved, a rice pack or herbal pack
 - Apply to the painful area for 15-20 minutes then remove for 1 hour & repeat as needed.

Cold: Helps numb sharp pain and reduce inflammation/swelling in your joints

Symptoms: Mid & lower back pain, hip pain, neck pain, reduced joint movement or stiff, swollen, or warm inflamed joints

Packs and Compresses

- * A ice pack or zip lock bag of ice or frozen vegetables
- * A gel pack that can frozen
 - Apply to the painful area for 15-30 minutes then remove for 1 hour & repeat..
 - A slightly damp cloth will help to penetrate deeper
 - *Do not put heat or cold compresses directly on the skin*
 - *Use hot or cold temperature therapy to complement chiropractic self-care. It's simple, affordable, & soothing.*