**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 as needed..
* 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.