



Treating Your Injury: Ice Vs. Heat

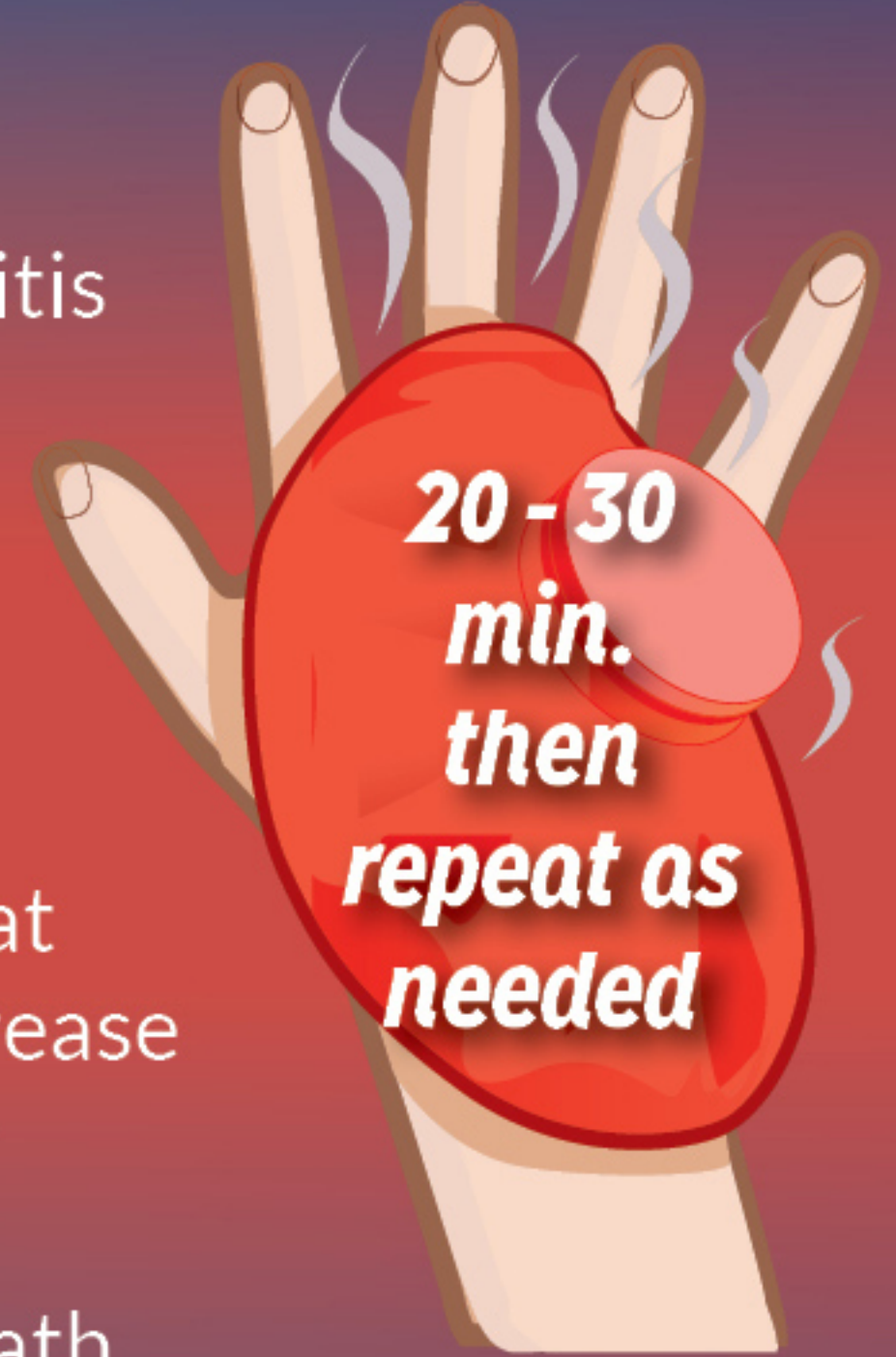


ICE:

- Best for acute injuries like bumps, sprains and strains to control swelling and pain
- Recovery tool after an intense workout
- Regular ice is safe directly on skin. When using reusable freezer packs, use a paper towel between the skin and the pack.

HEAT:

- Best for chronic injuries like tendonitis and arthritis
- “Warm up” tool before a workout
- Stretching after heat application can increase muscular flexibility
- Can include a hot bath



WHEN TO SEE A DOCTOR:

- Visible deformity, aside from normal swelling
- Feeling like a joint is unstable or about to pop out of place
- Inability to fully move, stand or walk
- Numbness, tingling, or weakness in arms or legs
- If pain worsens or doesn't resolve within 2-4 weeks



SPORTS MEDICINE