

When to use Heat vs Cold on any injury

Avoiding an injury should be a focus for any sport or activity. But when one occurs, do you know the difference between heat and cold therapy? Follow these guidelines when an injury occurs.



Heat Therapy

- ⇒ **Chronic complaints**
- ⇒ **Muscle spasms**
- ⇒ **No more than 20 mins on with a protective moist layer between your skin and the heat pack**
- ⇒ **To increase circulation of blood**
- ⇒ **To increase the elasticity of ligaments, tendons and muscle**
- ⇒ **NEVER in acute situations**

Cold Therapy

- ⇒ **Acute conditions**
- ⇒ **To decrease inflammation & decrease circulation**
- ⇒ **Decrease pain (Cold has a numbing effect)**
- ⇒ **No more than 20 mins on with a protective moist layer between your skin and the ice pack. This will prevent ice burn**
- ⇒ **Gel packs be careful! They get colder than ice and may allow ice burn sooner and more severe.**

When a joint is injured follow these guidelines

- P** Protect from further injury
- R** Rest allows injury to heal
- I** Ice will help with inflammation & pain
- C** Compression minimizes inflammation
- E** Elevate allows the inflammation to drain

Causes of muscle cramps

- Overuse
- Dehydration
- Electrolyte imbalance

How to relieve muscle cramps during and post workout

- Arnica based creams (Topricin)
- Replenish electrolytes (sports drinks)
 - Magnesium, Potassium, Calcium, Sodium
- Trigger point work over the muscle in question
- Moist heat (remember 20 mins and barrier)
- Epsom salt baths (magnesium helps with overall muscle relaxation)
- Believe it or not PICKLE JUICE (there are many studies proving its effectiveness)



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