

ICE

VERSUS

HEAT

WHAT SHOULD YOU USE & WHEN?



Use on acute injuries such as sprains, sciatica, or sudden back pain.

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Reduces swelling and inflammation by constricting blood vessels.

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Apply to the injured area within 48-72 hours in cycles of 10-20 minutes.

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Do not apply ice directly to skin. Skin could become frostbitten.



Use on chronic conditions like recurring injuries and tight muscles.

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Increases blood flow, providing oxygen and nutrients.

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Apply painful area in cycles of 20-30 minutes per hour.

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Discontinue if skin becomes painful or inflamed.

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