**Ice and Moist Heat Therapy**

*Purpose-* Using ice and heat therapy allows the blood vessels to constrict and then relax. This causes an increase in blood flow to the injured area and is believed to improve the healing of muscular strains and tendinitis.

*Precautions-* Certain diseases can worsen with this type of therapy. Ice/Heat therapy should not be used for patients with Raynaud’s Syndrome, rheumatoid arthritis, cold allergy conditions, paralysis, or areas of decreased sensation. Also, patients who or diabetic, pregnant, heart related conditions should consult their physician before use.

*Application-*

* 1. Remove clothing from treatment area.
	2. Place a towel over the area to be treated.
	3. Place cold pack over towel(15-20 minutes)
	4. Sit or lie in a comfortable position and elevate the treatment area above the heart if there is swelling(if possible).
	5. Remove cold pack and allow the area to rest without treatment for 10-15 minutes or as directed by your physician.
	6. Remove clothing from treatment area.
	7. Wrap a hot water bottle in a warm, damp towel, or dry towel(10-15 minutes)
	8. Sit or lie in a comfortable position and relax!

\*\*\*\*Remember to follow the instructions properly and don’t over do it!\*\*\*\*

***The information provided is for patients of Spine Club Chiropractic and should not be used unless advised by physicians at Spine Club Chiropractic.***