



ACTIVE LIFESTYLES WELLNESS & PERFORMANCE CTR.

chiropractic, physical therapy & nutritional counseling

Pain, Inflammation and Supportive Modalities (12/3/2009).

Caution: If you are diabetic or have poor blood circulation problems (e.g. Raynaud's disease, peripheral vascular disease, poor circulation), remind your doctor and proceed with caution. Also, do not apply ice or heat on an open or infected wound. Use a moist towel between the skin and cold/heat source if the cold or heat is intolerable. Consult your medical care provider as soon as possible if you see any bony deformities. The recommendation below does not substitute for a good evaluation and recommendations by your health care provider.

Icing Instructions

Put crushed ice or ice cubes in a zip lock bag and place it onto the injured area for 12-15 minutes or until the area goes numb. Remove it for 15 minutes and repeat again. Repeat this cycle until you have applied the ice for 3 times. (approximately 1hour 15 min total session).

Repeat 3-5 times per day or more as instructed by your doctor. When the swelling begins to visibly diminish then you can reduce the amount of total session you perform.

You may use a bag of frozen vegetables (peas) as a source of cold and refreeze it for the next application.

If the injured area is an arm or a leg, keep it elevated when at rest and compress with ace bandage.

Heating instructions

Moist heat is always preferable over dry heat. Do not use electrical heat pad when going to bed as this may cause a burn particularly if you fall asleep.

Use the moist heat over the injured area for 20 minutes at a time.

Repeat 3-5 times daily or as instructed by your doctor.

Castor Oil Pack

Saturate a wool or cotton flannel, folded 4 -ply, with cold pressed castor oil (organic, pesticide-free).

Place directly over the skin and apply a piece of plastic on it.

Apply a hot water bottle or heat-wheat over the pack and then a blanket or towel to keep it in place.

Leave it on for at least 20 minutes while you relax with music or a book.

Repeat as often as suggested by your physician.

Contrast Therapies

Alternate between ice and heat therapies. e.g. start with ice for 12-15 minutes, then heat for 20 minutes, and end with ice for another 12-15 minutes. Repeat 3-5 times daily. May start with heat for 20 minutes, then ice for 12-15 min, and then end with heat for 20 minutes. Ask your Doctor or therapist which is best for you.

Anti- Inflammatory, Pain-relieving and Rebuilding Supplements.

Saligesic: pain-relief

Crampex: muscle spasm and pain.

Ligaplex I: acute sprains and strains.

Ligaplex II: chronic or maintenance of sprains and strains.

Glucosamine Sulfate and Boswellia Complex: Degenerative Joint Disease, Osteoarthritis.

Myotrophin PMG or Myo-Plus: muscle re-building and support.