

# PAIN RELIEF PRESCRIPTION with Ice, Heat, or Medication



To experience our **Rapid Recovery Difference**, the doctor has prescribed home ice therapy. For beginning your sessions in our office, you got a free ice pack. Use it on your injured area to get short-term pain relief and long-term recovery. Always ice a painful area first. If that doesn't work, then try heat.

## ICE:

Put a damp towel, or use one layer of t-shirt, between the painful area and the ice pack. Ice for 10 to 15-minutes, up to once hourly. Icing 2-3 times per day reduces swelling and provides pain relief.

A common myth is that your pain is due to muscle spasm; that is incorrect. The muscle spasms hold up your damaged joints. The joint is the primary cause of your pain. It is swollen like a fresh ankle sprain. Although trying to heal with swelling, it is stuck in the area reducing blood flow. This causes pressure, chemical irritation, and pain. You need to move the swelling out, to get fresh blood flow in. The new blood has food and oxygen to speed your healing. Ice also gives pain relief that continues after you take it off. Rarely, icing aggravates pain. Stop if this occurs and let us know about your reaction.

## HEAT:

Some of our patients find temporary relief with heat, but in general that is short-lived. Applying heat can increase the swelling and pain.

If you find relief with heat, you can apply moist heat (hot shower, bath, or heating pad) for up to 20-minutes. Be sure you are still icing for the swelling.

## MEDICATION and VITAMINS:

New medical research says that taking over the counter medication for new injury can kill the healing process. The result is long-term pain. We recommend taking your medication of choice only to aid in sleep and getting you through the day. Try not to take it regularly throughout the day. It will not speed your recovery.

Turmeric is the best vitamin to reduce swelling. Take 500-2000 mg per day in divided doses. We recommend Inflammation Intensive care and have it available in the office.


Use these recommendations to get better, faster. With or without our care we hope they help.

Be well,

**Fox Valley Chiropractic Physicians**



Scan the QR code to see what our patients say about their care!

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