



TIP OF THE MONTH

Ice vs. Heat. Which One Should You Do?

March is ATC (Certified Athletic Trainer) month. In honor of that, we wanted to answer a question that our ATCs

frequently get asked: "Should I use heat or ice?" Typically, ice is used for injuries and after activity, and heat is used to help loosen and relax tissues before activity. By using them at the wrong times heat can make inflammation significantly worse, while ice can aggravate symptoms of tightness and stiffness.

Here are some general guidelines to help in many scenarios. Please keep in mind that if you have certain conditions such as fibromyalgia, Reflex Sympathetic Disorder (RSD), or rheumatoid arthritis, your sensory pathways are affected and won't fall into the typical response patterns.

When to ice:

- Ice can be used to treat acute injuries or injuries that have recently happened (within the last 48 hours)
- Ice will help minimize the swelling, reduce blood flow into the tissues, and help with pain control
- Ice can also be used for chronic conditions like [overuse injuries](#) to help control inflammation

Ways to ice:

- Ice cubes in a plastic bag
- Wet, frozen towel
- Gel ice packs
- [Homemade ice pack](#)

Things to know about icing:

- Don't ice for more than 20 minutes
- Let your tissues fully re-warm before re-icing
- 20 minutes on, 40 minutes off is a good rule for icing multiple times
- If you're icing in an area with superficial nerves (elbow), don't ice for more than 10 minutes
- You never want to ice before an activity. You want your muscles warm, not cold!

When to heat:

- Heat can help relax or loosen tissues
- Heat will bring more blood flow to the area
- Heat can be used for chronic conditions, helping to stimulate blood flow to the affected area
- Heat can be used before activity, assisting more blood flow to help loosen and relax the muscles

Ways to heat:

- Heating pad
- A hot, wet towel

Things to know about heating:

- Avoid heating for long periods
- Avoid use while sleeping to avoid burns

General tips - Do not use them:

- Over skin that is lacking sensation
- Over areas of skin that has poor circulation
- Over areas of skin with an open sore or showing signs of an infection.

Ice and heat are important parts of the first [recovery stage after an injury](#). If you are unsure which one you need, don't hesitate to reach out and ask for help. We can evaluate your injury or pain and get you back on your path to recovery.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"Do what you can, with what you have, where you are."

— Theodore Roosevelt

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Air Fried Zucchini

This recipe comes from a friend of ours in Idaho. These make a delicious appetizer or snack and taste great dipped in ranch!



INGREDIENTS

- 1 zucchini
- 1/2 cup flour
- 1 T ground flaxseed
- 3 T water
- 1 cup Panko breadcrumbs
- 1 T almond milk
- Smoked paprika
- Garlic granules
- Salt & pepper

DIRECTIONS

1. Cut zucchini into 12 equal spears. Sprinkle with smoked paprika, garlic, salt & pepper to taste. Set aside.
2. Mix 1 T flaxseed & 3 T water. Whisk well and set aside for 5 minutes.
3. Set up coating station with a bowl with flour, a bowl with thickened flaxseed & 1 T almond milk, whisked well periodically, and a bowl with Panko breadcrumbs.
4. Dredge each piece of zucchini into the three bowls in the order listed above.
5. Place in the preheated air fryer. Don't crowd them.
6. Cook at 350° for 8-10 minutes, turning over once halfway through cooking.
7. Dip in your favorite sauce and enjoy!

