

# ICE vs. HEAT

PROOF #1

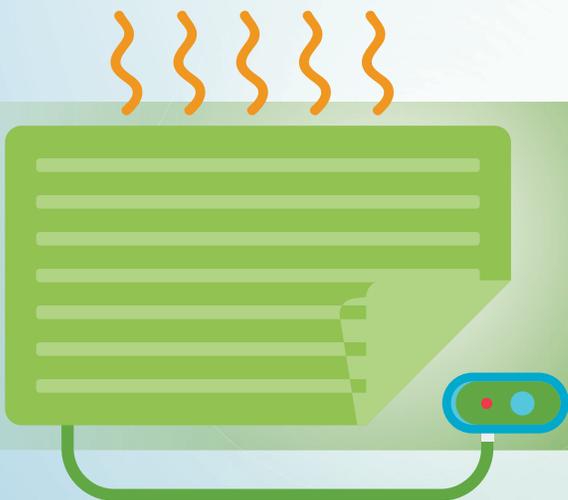
*When and where to use ice or heat treatment on injuries, aches and pains.*



## Ice

- For acute injuries
- Use on joints, bones and to reduce swelling
- During first 72 hours after injury
- Apply for 20-30 minutes  
(break at least 30 minutes between applications)
- Repeat at least four times per day

Avoid alternating ice and heat treatment except as prescribed by health care provider.



## Heat

- For muscle and soft tissue pain and tightness
- Start 72 hours or more after injury
- Apply for 15-20 minutes
- Use before physical activity



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