

# ICE VS. HEAT

## WHAT'S BETTER FOR YOUR PAIN?

Ice and heat are easy, natural, affordable ways to relieve pain. Ever wonder which one is better for your particular problem?

Here is what our experts recommend:



### PROBLEM

### SOLUTION

Worn-away cartilage in joints (knee, shoulder, elbow, fingers, etc.)	<b>ARTHRITIS</b>	Moist heat eases chronically stiff joints, relaxes tight muscles
Chronic, inflammatory arthritis (big toe, instep, ankle, heel, knee, wrist, finger, elbow, etc.)	<b>GOUT FLARE-UPS</b>	Ice calms flare-ups, numbs pain
Pain from nerves or blood vessels in the head or from muscles in the neck	<b>HEADACHE</b>	Ice numbs throbbing head pain  Moist heat relaxes painful neck spasm
Pulled muscles or injured tendons in the thigh, back, calf, etc.	<b>STRAINS</b>	Ice eases inflammation (redness, swelling and or tenderness), numbs pain  Heat eases stiffness after inflammation resolves
Stretching or tearing of ligaments in joints like the knee, ankle, foot, elbow, etc.	<b>SPRAINS</b>	Ice eases inflammation, numbs pain  Heat relieves stiffness after inflammation resolves
Acute irritation after activity in tendons attached to joints like the shoulder, elbow, knee, wrist, heel, etc.	<b>TENDINITIS</b>	Ice eases inflammation, numbs pain
Chronic irritation and stiffness in tendons attached to joints	<b>TENDINOSIS</b>	Heat relieves stiffness after inflammation resolves

#### WHY ICE FOR INJURIES < 6 WEEKS OLD?

Ice constricts blood vessels, which numbs pain, relieves inflammation and limits bruising.

#### WHY HEAT FOR ARTHRITIS & INJURIES > 6 WEEKS OLD?

Heat increases blood flow, which relaxes tight muscles and relieves aching joints.

#### CAUTION

Do not use heat for acute injuries. It increases inflammation and can delay healing.

#### Sources:

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