

When feeling back pain is it better to use ice or heat? Why?

In an acute (recent) condition of back pain ice is the choice of therapy. With a recent injury the inflammatory process causes an increase of blood flow and heat to the area. The ice decreases inflammation and helps numb the pain.

Ice should be placed on the site for 10 minutes or until the area is bright red and numb. Never apply ice directly to the skin or "over ice" the area as you may damage the skin.

Heat is used to an area that is chronic (long standing) and the blood flow has been compromised. The area may even feel slightly cool to the Practitioner. The body responds best to moist heat (hot water bottle, hot towel in microwave).

If after you have iced or heated the area and the condition is not improving and pain persists it is likely more than a muscular condition. Consult your chiropractor to make certain the vertebrae in the painful area are aligned properly and your condition should quickly begin to heal.