

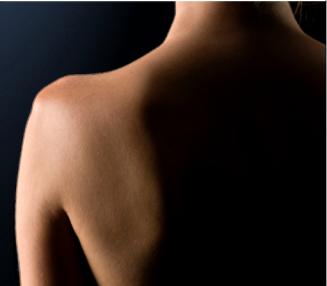


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Newsletter

Leading families to greater health & life expression through chiropractic



Icing

Here's How:

- 1. Get the ice on quickly.**
Icing is most effective in the immediate period following an injury. The effect of icing diminishes significantly after about 48 hours.
- 2. Perform an "ice massage."**
Apply ice directly to the injury. Move the ice frequently, not allowing it to sit in one spot.
- 3. Don't forget to elevate.**
Keep the injured body part elevated above the heart while icing – this will further help reduce swelling.
- 4. Watch the clock.**
Ice for 15-20 minutes, but never longer. You can cause further damage to the tissues, including frostbite, by icing for too long.
- 5. Allow time between treatments.**
Allow area to warm for at least 45 minutes or an hour before beginning the icing routine again.
- 6. Repeat as desired.**
Ice as frequently as you wish, so long as the area is warm to touch and has normal sensation before repeating.

Tips:

- 1. Ice Option 1 – Traditional:**
Use a Ziploc bag with ice cubes or crushed ice. Add a little water to the ice bag so it will conform to your body.
- 2. Ice Option 2 – Best:**
Keep paper cups filled with water in your freezer. Peel the top of the cup away and massage the ice-cup over the injury in a circular pattern allowing the ice to melt away.
- 3. Ice Option 3 – Creative:**
Use a bag of frozen peas or corn from the frozen goods section. This option provides a reusable treatment method that is also edible.
- 4. Prevent Frostbite:**
Do not allow ice to sit against the skin without a layer of protection. Either continually move the ice (see "ice massage") or use a thin towel between the ice and skin.



To schedule an appointment, call our office at **(800) 372-1074** or visit us online at www.drivanderhoof.com