

Use Hot?



Pain!

Use Cold?

Here's What You Need To Know

When should you use hot or cold? As a tissue injures it weeps inflammation, causing pain and swelling. Also muscles go stiff to hold the area secure. This produces muscle spasm. Typically swelling occurs in 48 hours, and achy spasm thereafter. Use cold first then hot.



FREE
ADVICE

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COLD

- Use to reduce inflammation (swelling)
- Best to use within 2 days of onset of pain.
- Apply up to 10 mins, 4 x day
- Best used on site of pain
- Walking or gentle movement where possible after.

HOT

- Use to reduce muscle spasm.
- Best to use after 2 days of onset of pain.
- Apply up to 16 mins, 4 x day.
- Best used above and below pain.
- Avoid using heat sitting.
- Best use heat lying down.

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