



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

