

# Argus Orthopaedic Zone

## Ice and Heat; Making Sense

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### *Transforming patient information into patient understanding.*

Ice and Heat are two things that my patients keep asking about all the time so I thought it was a good idea to pass the information along to readers too. And if you become my patient you will already know which to use and when! OK, here we go.

As with everything, one size does not fit all. But there are general guidelines.

#### **Ice Is Nice**

When it is an acute injury or flare up of arthritis;

- Numbs nerves
- Fights inflammation
- Constricts blood and lymphatic vessels
- Reduces fluids that increase swelling and stiffness in an injured joint.
- Heat increases blood and fluid to a joint increasing swelling and inflammation.
- Ice on a sore joint usually doesn't help during the 20 minutes while being applied, but does help when you take it off and move.
- Apply the cold pack over a cloth to protect the skin.

#### **Heat Can't Be Beat**

When you are dealing with a chronically sore joint and nearby muscles;

- Heat can improve blood flow
- It reduces pain and stiffness
- Increases flexibility
- There are many sources of heat
- Moist heat is best, if available

#### **Don't Overdo. Caution**

- Don't use excessively
- 20 minutes at a time for each is best
- If you have diabetes or neuropathy, be careful

#### **Office Website and Argus Orthopaedic Zone Archive**

All the Orthopaedic and musculoskeletal information you will ever need is yours at [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com)! And what's more - the Argus Orthopaedic Zone Archive is on the website. Every article I have

written for Argus can be located on the Archive. The complete article!  
Everyone, please check all this out.

It is a wealth of information about all the things I treat in the  
office and hospital.

Our goal is simple - To help people return to more pain free,  
functional lives. Call if you need me. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush