

RICE no more.

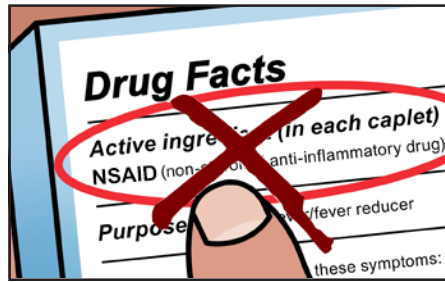
For many years, the idea of RICE (Rest, ice, compression and elevation) after a sprain or strain was considered gospel. New research suggests that this protocol is no longer valid, since ice will inhibit healing and may worsen inflammation.

Here are the newest guidelines you should now follow after an injury.



ICE

Ice is still appropriate immediately after a sprain, usually within the first five minutes and then it should be discontinued. It is currently thought that icing for the first five minutes will help reduce pain and reduce inflammation. Past five minutes, ice will interfere with the body's own abilities to heal the area, can cause more damage, and is likely to increase swelling.



MEDICATIONS

Non-steroidal anti-inflammatory drugs can lower the tensile strength of tendons and are not recommended. Turmeric (Curcumin) can help reduce inflammation, as well as Omega 3's found in fish oils. Ginger if wrapped around the area with a warm compress can also help. Willow bark is an excellent natural pain reliever.



PROPRIOCEPTIVE TAPE SUCH AS KINESIO

Kinesio tape can be effective in drawing inflammation out of an area and back toward the heart. It apparently helps the lymph system pump out the excess fluid naturally. This can be applied by your doctor or chiropractor.

HEAT

While heat may feel good to tight and stiff muscles, it has no place in the management of acute sprains and strains. It can also cause, like ice more inflammation which will inhibit healing.

Movement using active recovery

The newest research suggests that movement to an injured area is the most scientifically valid way to reduce recovery time and improve how we heal.

BENEFITS

1. Brings in nourishment into the area
2. Helps the body heal naturally, and remove the dead and damaged tissue.
3. Remodels the area with new tissue until the repair is complete, a process that can take up to six weeks in most cases.

ACTIVE RECOVERY

1. Movement to the injured area.
2. Do not be too aggressive, work to tolerance since an injured area may be reinjured if you try to do too much too fast.

These protocols can be applied to the back, neck, ankles and wrists effectively.



Bracing of the injured area is appropriate for the first few days if needed and then remove the brace since movement is important. This is true for the lower back, ankle, wrist or any other injured part.

For ankle injuries, balancing on a healing ankle using balance boards or a bocu ball can help restore normal mechanical receptors in the ankle and help prevent future injuries.

For wrist, and shoulder injuries, gentle movement can help restore these movement patterns as well.

For lower back or neck sprains, movement and walking can help restore normal movement patterns. For the lower back especially, walking and movement is essential as early as tolerated to reduce pain, stiffness and restore normal movement patterns.



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For further information, call

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RICE
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more



**The new
post injury
guidelines.**

