

Dr. Erik's **HEATING** and **COOLING** instructions

**Acute injury/1<sup>st</sup> Chiropractic Treatment:**

**-First 48 Hours: ICE/Gel pack wrapped in a damp cloth.**

**-20 MINUTES ON and 10 MINUTES OFF, REPEAT THIS 2X PER HOUR.  
TAKE A 1 HOUR BREAK AND REPEAT AS NEEDED.**

**Chronic injuries:**

**-After 48 Hours: HEAT/Gel pack wrapped in a damp cloth.**

**-20 MINUTES PER HOUR AND REPEAT EACH HOUR AS NEEDED.**

-Remember that these are general recommendations that I have found most effective through the years of treating many types of injuries. If at any time these applications do not feel right, then stop the process. Not everyone reacts the same, but these typically work well. Feel free to call the clinic or send us an email if you have any questions or concerns.