



**PEARSON**  
Chiropractic & Rehabilitation Center

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## **COLD/HEAT INSTRUCTIONS**

***Use “damp heat” 15-20 minutes, at least 2 times a day to affected area. Do not use a heating pad (even at a low setting) for a long period of time. Do not go to bed with a heating pad.***

\_\_\_\_\_ ***“Damp Heat”***: Shower, bath, damp towel under a hot water bottle, or damp towel under a heating pad. This should be done only if no swelling is present and no sooner than 72 hours after an injury. NOTE: Place plastic sheet between the heating pad and the towel.

\_\_\_\_\_ ***“Cold”***: Use cold packs 15-20 minutes to affected area at least 3 times per day. Normally when using cold packs, you will go through stages of sensation from cold to burning, to aching, then numbness. Cold packs can be made by putting crushed ice in a plastic bag. Wrap a damp cloth towel around the bag and place on your skin.

***IF EITHER COLD OR HEAT IRRITATES YOUR CONDITION,  
DISCONTINUE USING IT AND CONTACT THE DOCTOR***

### ***Proper Sleeping Position:***

1. Side sleeping with one or both knees bent. Put a pillow between your knees.
2. Lie on your back with the pillow under your knees.

### ***Never Sleep on Your Stomach:***

This is bad posture for your back, neck and shoulders.

### ***In Acute Stage of Pain:***

#### **Low Back Pain:**

Change positions often. Don't sit, stand, or bend more than 15-30 minutes without changing positions.

#### **Neck or Upper Back Pain:**

Don't look down or keep your head in turned position for a long time, especially when you are using your arms out in front of you, without breaking up your work (such as typing, reading, or working at a counter).