



CHILL OUT!

**WHAT YOU NEED TO KNOW
ABOUT USING ICE FOR INJURIES**

Using Ice for Injuries

At some point, you've probably heard that ice is the go-to for injuries, right? But is that always the best move? We're here to break it down for you.

Ice can be great in certain situations, but it's not always the answer.

The good news? There's a better way to approach healing, and I'm here to break it down for you.

Let's take a look at what the latest research says so you can make the best choice for your recovery.

No need to guess—let's get it right together!

How Injury Treatment Has Changed

For years, ice has been the go-to for injuries thanks to the RICE method (Rest, Ice, Compression, Elevation). The idea was to reduce swelling and help you heal faster. But now, new research is all about movement, mindset, and letting your body heal naturally.

What the Research Says

Ice can numb the pain by cooling your skin, but it doesn't really lower muscle temperature or speed up healing. In fact, some research shows that while ice might give quick relief, it could actually slow down your body's natural healing process.

Finding The Right Balance

Should you ditch ice altogether? Not necessarily! If you've got a bad sprain with a lot of swelling, ice can help reduce that. But for most injuries, like small muscle strains, moving and using the injured area properly is usually a better way to heal.

Our Approach

At Peach Physiotherapy, we're all about getting you moving safely and as soon as possible. Based on the latest research, here's what we recommend: **The PEACE & LOVE Principle**



Protect

Keep the injured area safe from more damage.



Elevate

Raise the injured limb to help with swelling.



Avoid Anti-Inflammatories

Let your body's natural healing process do its job.



Compress

Use wraps or bandages if needed to control swelling.



Education

Understand your injury and start moving in a safe way.



Load

Gently return to your activities; let pain be your guide to safe movement.



Optimism

Maintain a positive outlook



Vascularization

Engage in gentle movements to promote blood flow.



Exercise

Slowly add in rehab exercises to get back to your normal.

Keep Moving & Healing. You Got This!

Ice doesn't have to be your only option! With the right movement, mindset, and a few simple strategies, you can manage pain and support your body's natural healing process.

Ready to get started?

Our physiotherapists, chiropractors, and massage therapists can help you find the right combination of treatments for your needs!

Two Convenient Locations:

Main Clinic

421 St. Clair Street
Chatham, ON

South Chatham

40 Beatty Street
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