

Ice and Heat For Non-Surgical Treatment Of The Cervical Herniated Disc

It is always a frequent question in orthopedics, what should I use? Shall I use ice? Shall I use heat? Shall I use heat, then ice, ice, then heat? Here is the answer.

When you have a muscle problem such as a muscle strain, we would like to use ice for the first 24 hours. After that, you can use heat or ice. So the answer is, use what makes you comfortable. You are really using heat or ice just for symptomatic pain relief, so you can use ice and then heat or you can use heat, then ice, but be creative in how you do it. If it is snowing outside, get a big bag of snow, put on your neck and then do not burn yourself with the ice of course, but try to switch to something else, rest for a while, use the ice for 5 or 10 minutes, give yourself a break, same thing with heat. Find something warm, heat up in the microwave, try that, people sometimes use ice, then heat, heat, then ice, as I said, it does not really matter.

So the bottom line is, heat and ice for the first 24 hours. Stick to the ice, after that you can use either one whatever makes you feel more comfortable.

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