



ICE MAY NOT BE NICE

IT CAN ACTUALLY DELAY RECOVERY!

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ICE MAY NOT BE NICE

WHY ICING AN INJURY MAY NOT BE THE BEST ADVICE

Have you been told that you should ice after an injury? Are you using ice to reduce swelling? Unfortunately, the recommendations from the medical community for dealing with an injury haven't kept up with the research. At Elliott PT, our physical therapists use the most advanced rehabilitation strategies to help you recover after an injury and get back to doing what you love!

Resting, icing, compressing, and elevating (i.e., the R.I.C.E. method) is outdated and not the most effective way to recover after an injury. In particular, rest and ice are not the most effective strategies and may even impair your ability to recover quickly. The physician that initially coined the method no longer recommends these two treatments from his original recommendations.

At Elliott PT, our physical therapists stay up to date with the latest research and make decisions based on your unique situation to ensure you recover quickly!

What We Now Know About the Benefits of Ice

The medical and sports community has recommended this protocol to help reduce inflammation and speed up recovery after an injury. Unfortunately, the science does not support recommendations. Recently there have been some indications in the research that ice and rest do not enhance the recovery process but may delay recovery.

Resting after an injury has been shown to have a negative effect on the recovery process for quite some time. Movement helps tissue to heal and recover faster. It has been found that those who begin moving the injured part sooner have shorter recovery times and faster returns to activity.

Even more significant, it has been shown that immobilization delays recovery and may hinder the ability to recover fully after an injury. By resting, there is a lack of physical stress on the injured area, which can cause atrophy and impair the healing process, resulting in a limited functional return after injury.



INTRODUCING OUR NEW APP

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is customized to meet your specific rehabilitation needs. You can now access us via an app on your computer, tablet, and/or smartphone. We go where you go! Talk to your PT about getting set up on the brand-new Elliott PT app for an even better Home Exercise Program experience

Icing does have some benefits, including effective pain management and the initial inflammation responses by slowing the blood flow to the injured area. Unfortunately, this reduction in blood flow may also inhibit our body's natural healing response, which could lengthen the recovery process.

Ice should be applied within the first 36 to 48 hours for pain relief, but ice does not reduce swelling. Ice slows blood flow to minimize the extent of swelling but does not reduce inflammation! This is a fundamental fact about ice.

The bottom line is: rest and ice can actually delay recovery!

What to Expect at Your Appointment with Elliott PT

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists can help you recover after an injury using the most advanced techniques and methods. We will start with a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

Next, your therapist will create a targeted, individualized plan of care for you to promote

accelerated recovery and future injury prevention.

For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities. We will start with pain management, including icing and restoring mobility to the injured area.

Next, we will focus on strengthening your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you the fastest, most effective recovery process.

Request an Appointment with Elliott PT Today!

At Elliott PT, our physical therapists stay up to date on the most effective treatments and use science to support our decisions. We are dedicated to finding solutions that work and help you recover as fast and thoroughly as possible!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5329246/>
<https://www.sciencedirect.com/journal/2021/08/210519114214.htm>
<https://thesportjournal.org/article/the-f-i-c-e-protocol-is-a-myth-a-review-and-recommendations/#:~:text=So%2C%20today%2C%20RICE%20is%20not,process%20a%20unequivocally%20a%20myth.>
<https://www.verywellfit.com/when-to-ice-3120707>

What Will Be On the App?

HD Exercise Videos — Never forget how to do your home exercise.

Instant Messaging — Stay in touch with your provider in between visits with our secure messaging system.

Much More — Track your progress, request appointments, and much more! Download our app today.

How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!



Scan the QR code to download!

Connect with your PT today about getting set up on our new app!

EXERCISE ESSENTIALS

HIP ABDUCTION (QUADRUPED) *Strengthens hips*

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.



Always consult your physical therapist before starting exercises you are unsure of doing.

Be sure to follow us on social media to receive tips and updates or to leave a review!

- @elliottphysicaltherapy
- @ElliottPT1
- @elliottphysicaltherapy
- @elliott-physical-therapy



Scan the QR Code to connect and stay in the loop with our news & events.

STAFF SPOTLIGHT

WHAT LAUREN'S PATIENTS ARE SAYING



Lauren Giannoni, PT, DPT

Lauren Giannoni PT, DPT (Doctor of Physical Therapy) at our Easton clinic has started an aquatic physical therapy program at the Old Colony YMCA's Easton Branch on Elm Street in North Easton. There she is able to successfully utilize the benefits of water which include increased buoyancy and decreased weight on your joints. Aquatic physical therapy is used to treat the following movement issues: decreased strength and balance, pre- and post-operative hips and knees, osteoarthritis and chronic low back pain. Individuals with Parkinson's disease, Cerebral Palsy and scoliosis may also benefit from this form of physical therapy.

Aquatic physical therapy is designed for patients of all ages. It is an ideal setting for physical therapy because the water provides weightlessness as well as a gentle resistance which will strengthen your muscles. Lauren provides individualized instructions, postural corrections, and ensures the proper muscle activation occurs during each session. The water can also provide support for those with balance issues, and if you fall in the water or lose your balance, Lauren is right there to steady you.

Can't swim? You may still benefit from aquatic physical therapy!

Many individuals who enroll in aquatic physical therapy are not avid swimmers and some have never swum before. Most patients who are timid about being in the water typically overcome their concerns after the first session. Lauren meets each patient where they are at in terms of their swimming abilities and experience. The pool area used for aquatic physical therapy is 4 feet deep with handrails available for the entire length of the pool. Lauren will also use floating devices throughout your sessions.

Interested in learning more about aquatic physical therapy, or scheduling a consultation with Lauren? Reach out to our Easton office today: 508-559-5108.

DOES AN ICE BATH AID IN EXERCISE RECOVERY?

Many athletes utilize an ice bath after an exercise session to assist with faster recovery and reduce muscle pain and soreness. While it is common, does it actually work?

"The theory behind ice baths is related to the fact that intense exercise causes microtrauma or tiny tears in your muscle fibers. This microscopic muscle damage is actually a goal of exercise as it stimulates muscle cell activity and helps repair the damage and strengthen the muscles. But it is also linked with delayed onset muscle pain and soreness, which occurs between 24 and 72 hours after exercise." Some of the benefits associated with an ice bath include:

- Reduces swelling and muscle damage
- Brings down elevated body temperature which can reduce fatigue
- Stimulates the vagus nerve, which helps to reduce stress

Some athletes will alternate between an ice bath and a warm bath. This helps to increase your blood flow which in turns speeds up circulation and improves the healing process.

Most athletes who use ice baths recommend immersion for five to 20 minutes with a temperature between 50 to 50 degrees Fahrenheit. It is important to note that you do not have to be a professional athlete to try out an ice bath for exercise recovery.

If you are interested in seeing if an ice bath helps you after a particularly intense workout, try purchasing several bags of ice or simply using the cold water from your faucet to fill your tub. It is recommended to check the temperature of the tub before getting in, so you do not put yourself at risk of hypothermia. If you do not have a tub, you can also try a cold shower for a few minutes.

Like all things, make sure to practice this method in moderation and be mindful that exposure to colder temperatures can result in hypothermia. It is recommended to consult with your physician or physical therapist before trying this treatment method.

Source: <https://www.verywellfit.com/after-exercise-does-an-ice-water-bath-speed-recovery-3120571>



"Love pool physical therapy with Lauren. It beats the gym any day!"

— Catharine

DON'T DELAY
COME BACK TO PT TODAY

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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