













# HEAT vs COLD

## WHEN TO USE

SYMPTOM/INJURY	USE COLD	USE HEAT
New Injury (<48-72hrs)	 YES	 NO
Swelling or bruising	 FOR PAIN	 NO
Muscle tightness or stiffness	 NO	 YES
Chronic pain or tension	 NOT IDEAL	 YES
Before movement or stretching	 NOT HELPFUL	 YES