



## *Dr. Horning's Chiro Corner*

### **Hot or Cold: When to Use Each One**

One of the most common questions I get deals with the subject of when to apply heat or cold. Both have great properties and both can help you. But which one should you use if you are in pain?

The main factor to determine this is the length of time the area has been injured. When using the right modality at the right time, you may see some promising results and experience relief.

Let's define the two types of pain.

#### **Acute Pain**

This pain is caused by a recent injury.. It could result from a sudden fall, accident, slip, impact, etc. If you fell off your bike and hurt yourself, the pain you feel would be considered an acute pain.

#### **Chronic Pain**

This pain results from an injury occurring a while ago, but never has healed. It could be from untreated whiplash, an old shoulder injury, poor posture, etc. Perhaps you "threw" your back out years ago and you think you just have to live with the injury.

#### **When to Apply Cold**

Using a cold pack or ice is recommended for acute pain. Cold decreases inflammation and swelling which can reduce pain. Apply cold for no more twenty minutes. If it feels too cold or starts to numb the area, put a towel or buffer around the cold pack and try again. Ice, if used incorrectly, can damage the area so be cautious with it.

Also, be careful or use another option if you are having

sensory issues. This especially applies to people with diabetes. You can re-apply the ice again later, typically, an hour to 90 minutes.

#### **Heat**

Heat is typically used for chronic pain. Heat increases blood flow and helps your body to heal. It also warms stiff muscles and relaxes tense muscles. The heat should be warm, not burning.

If it feels too hot, put a towel or a buffer over it to decrease the temperature.

Just as I mentioned with cold, people with with sensory deficiencies should be careful. Applying heat up to twenty minutes is usually recommended and it can be applied throughout the day.

Using these modalities can greatly help with decreasing pain and increasing range of motion. However, they do not always resolve the injury or underlying problem.

I recommend you see your healthcare practitioner if the pain persists. You don't have "to live with the pain."

Heat or cold should not act as a Band-Aid especially if the pain lingers. Although, if properly applied they can greatly speed up the recovery time of an injury.

If you tackle your injuries head on instead of toughing it out, you can heal faster and have a better quality life.

For more information on this topic check out my youtube video on the subject titled "Chiro Corner Episode 2-Heat vs Cold or check visit my website at [www.drbenhorning.com](http://www.drbenhorning.com).

**This article is intended for informational purposes only and is not meant to diagnose or treat any condition or disease.**

A second generation Chiropractor and Applied Kinesiologist, Dr. Benjamin Horning grew up in a holistic home. After seeing the power of these modalities, it became apparent what was the best course for him to take. He studied at the University of Maryland and received the unique degree of Agriculture and Resource Economics. The program showed him quickly the politics of our food system. He learned about the natural ways food can be grown and sold, as well as, the cheaper healthier ways. This experience shook him due to the openness in his education about the flaws in our food system. His time in Maryland helped him to properly look at nutrition without any political biases. Dr. Horning received his Chiropractic Doctorate at Southern California University of Health Sciences.

While at school, he attained a Applied Kinesiology certification and was the school's club president in the technique. He twice went to Washington, D.C. to fight for Chiropractic Rights in the new healthcare system. He graduated on the Dean's List and was awarded Cum Laude. After school, he began his private practice and has treated thousands of patients, from professional athletes, veterans, the homeless, special needs patients, pregnancy patients, children, the elderly, entire families, wellness patients, and patients who saw holistic care as a last resort. Dr. Horning has seen it all and confronts each case with a smile. His passion comes from helping people. He is confident something can be done about it. An eternal optimist, Dr. Horning cares about restoring health and allowing his patients to flourish in whatever goals they have.



## The Chiropractic Office of Dr. Benjamin Horning

Dr. Horning's staff treats the whole body through Chiropractic, Muscle Testing, and Nutrition.

The focus is to heal your body through a natural, holistic approach.

We are looking for a part time recent grad or intern massage therapist to be a part of our growing office. This is a perfect learning opportunity in a fun, positive environment.

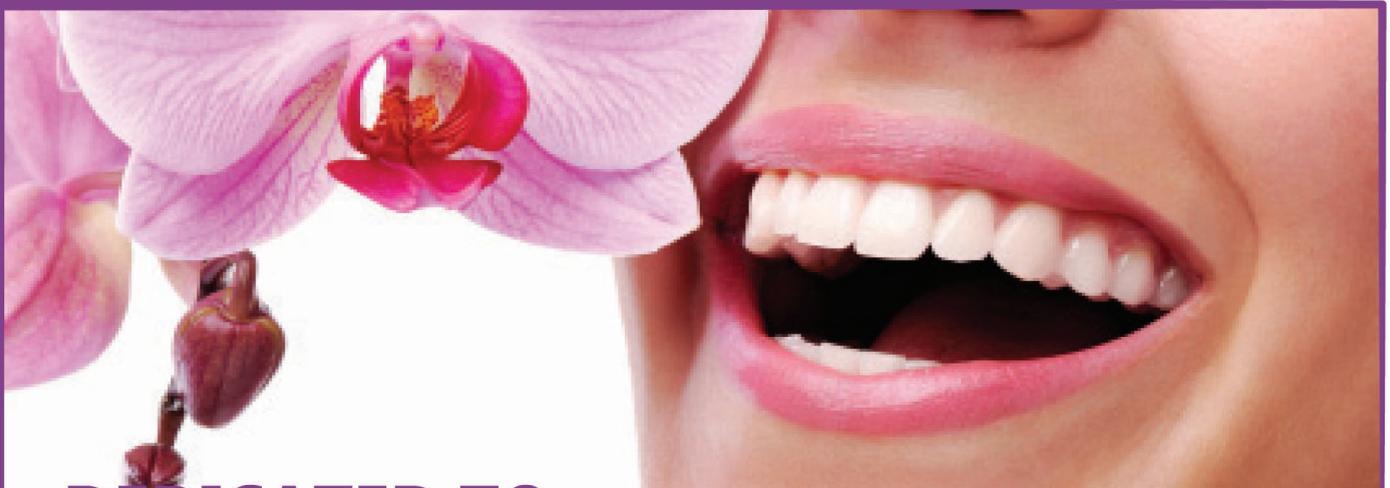


Compensation is negotiable.



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