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The End of an Ice Age

Lake Hiawatha, NJ, June 2014—In 1978, Gabe Mirkin, MD, coined the term “RICE,” a mnemonic for “Rest, Ice, Compression and Elevation,” which has been recognized by healthcare practitioners and laypersons alike as the ‘gold standard’ treatment option following an athletic injury. Ice has been a component of this treatment for injuries and sore muscles because it helps to relieve pain caused by damaged tissue. However, now, the very same physician who coined “RICE,” is pointing out that both ice and complete rest may actually delay healing instead of helping.



According to *The American Journal of Sports Medicine*, a summary of 22 scientific articles found almost no evidence that ice and compression hastened healing over the use of compression alone (with the exception of ankle sprains where ice plus exercise did help marginally). Although the cooling showed a delay in swelling, it did not hasten recovery time from muscle damage. **Why is this?**

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Did You Know?

Did you know that all chiropractors are not only trained in evaluating, diagnosing and treating the spine, but also in the management of dysfunctions throughout the entire musculoskeletal system?

In fact, as seen in the example to the right, your doctors at SCA, have advanced degrees in Sports Medicine which can provide you with conservative options in the treatment of sprains/strains, acute traumas, overuse injuries, etc. getting you back to doing what you love more quickly.



Figures above illustrate the management of a Grade 2 inversion/plantar flexion ankle sprain in a 16-year-old female soccer player at SCA. Treatments utilized included Class VI laser treatment, galvanic stimulation, compression with instrument assisted soft tissue tools, therapeutic elastic and athletic tape for edema reduction, chiropractic adjustments and home rehabilitation exercises. Less than 3 weeks after the injury, this patient was able to return to the soccer field.





The End of an Ice Age (cont) When you damage tissue through trauma or develop muscle soreness by exercising very intensely, you heal by using your immunity, the same biological mechanisms you use to kill germs. This is called inflammation. Just as your immune system sends cells and proteins to the infected area when germs get into your body, when muscles and other tissues are damaged, the same inflammatory cells are sent to promote healing. These cells, called macrophages, release a hormone called Insulin-like growth Factor (IGF-1) into the damaged tissues, which helps muscles and other injured parts to heal. When ice is applied to an area such as this, blood vessels near the injury constrict and shut off the blood flow that brings in the healing cells of inflammation actually causing a delay in healing by preventing the body from releasing IGF-1. The blood vessels do not open again for many hours after the ice is applied and this decrease in blood flow can cause the tissue to die and even cause permanent nerve damage.

The Big Picture: Ice may be used as a short-term treatment to help an injured athlete get back into a game, but it should be kept in mind that the cooling may interfere with the athlete's strength, speed, endurance and coordination (*Sports Med*, Nov 28, 2011). If cooling is used in these scenarios, it should be done for less than five minutes, followed by progressive warming prior to returning to play.

If you are injured, stop exercising immediately. If the pain is severe or you are unable to move, you should be checked to see if you require emergency medical attention. If the injury is limited to muscles or other soft tissue, elevate the injured part and have a compression bandage applied to minimize swelling. Since applying ice to an injury has been shown to reduce pain, it is acceptable to cool the injured area for short periods soon after the injury occurs. As a general rule, apply the ice for up to 10 minutes, remove it for 20 minutes and repeat the 10 minute application once or twice. There is no reason to apply ice more than 6 hours after you have injured yourself. If you can handle the symptoms as you heal, then drop the ice and begin exercises to help you prevent the injury from being recurrent and chronic.

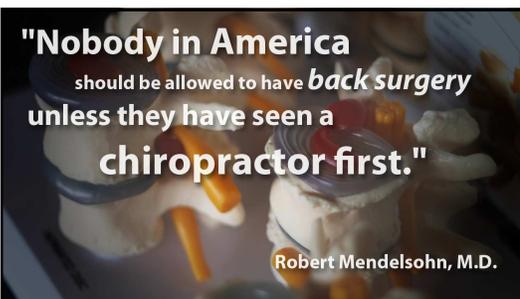
Santiago Chiropractic Associates listed as Featured Practice on ConnectX Website

To learn more about instrument-assisted connective tissue therapies for the treatment of sprains/strains, nerve entrapments, myofascial trigger points, over-use syndromes, scar tissue adhesions and tendonopathies, call our office to set up an evaluation or consult.



www.connectxtherapy.com/news/featured-practice

AMA Recommends Chiropractic Before Resorting to Surgery



In an article written to educate the public about back pain, the *Journal of American Medical Association (JAMA)* has suggested that patients seek chiropractic and other conservative back-pain treatment before taking more invasive measures. The article says that surgery is not usually needed for treating back pain and should only be considered when other conservative methods fail. In an interview about the *JAMA* article, American Chiropractic Association (ACA) President Keith Overland, DC, confirmed that in many cases, back pain can be alleviated without the use of drugs or surgery, "so it makes sense to exhaust conservative options first." Chiropractic

makes sense for reducing health-care costs as well. As Dr. Overland goes on to say, "Research confirms that the services provided by chiropractic physicians are not only clinically effective, but also cost effective....and can potentially save both patients and the health care system money down the line."



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