



## AFFORDABLE CHIROPRACTIC CLINIC

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### **CRYOTHERAPY (Ice/Cold Therapy)**

#### BASICS FOR UNDERSTANDING YOUR CONDITION:

In trying to understand your sprained pelvis condition, you may consider a more visible sprain (i.e., a sprained ankle). Basically this involves 3 problems requiring correction:

- Soft tissue tearing (muscle and ligament fibers)
- Misalignment of bone articulations
- Swelling

Your doctor has blended two excellent procedures to correct the above problems. Applied Kinesiology has been used to activate muscle and speed recovery of tendons and ligaments. Sacro-Occipital technique has been used to re-align the sacro-iliac articulation and the symphysis pubis articulation.

**YOU** must be responsible for helping to maintain this correction until adequate healing has transpired, giving time for the new alignment to stabilize.

#### **HERE IS HOW YOU CAN HELP**

##### Instructions for the first 3 days:

- Apply **ice three times a day**, ten minutes for each application.
- A paper towel must completely cover all corners of the ice bag.
- **No heat of any kind** – no hot tub, bathtub, heating pad, electric blanket, tanning bed, or waterbed with high thermostats!
- **No abduction stress**, as from **sexual activity**, careless car/truck entries, floor sitting, sit-ups or cycling.
- **No lateral motion** stress, as from sweeping, mopping, raking, vacuuming, tennis, basketball, or dancing.
- **No lifting over 20 pounds**, no downloading stress of the pelvis by jumping or “jogging” (slow running).

##### Avoid these activities for 2 weeks:

- Sitting on bicycle/motorcycle seats
- Careless entries into auto, especially trucks
- Sitting on the floor
- Sitting in a recliner chair
- Crossing one leg onto opposite knee (especially when putting on socks and shoes)