



Chiropractic Corner

Treating inflammation after an injury

By Dr. Neal Stumpf, D.C.

Special to The Asian Reporter

Inflammation is common with an acute injury or auto accident. It often occurs after a physical trauma to the body and may result in symptoms such as redness, heat, swelling, pain, stiffness, and loss of function. Good management of inflammation may help lower one's level of pain.

One of the best ways to manage acute inflammation after an injury is to apply ice to cool the affected area.

Ice application helps by constricting capillaries and blood vessels that supply blood to the injured area. This constriction should limit swelling and inflammation. It may also reduce pain and help speed up recovery. Inflammation is a normal part of the healing process, but it can also get out of hand and increase the time needed to heal, as well as cause pain and discomfort.

After an acute injury, sometimes it is best to avoid heat. Heat feels comfortable when it is applied, but it actually dilates blood vessels and increases fluid movement and accumulation. In the case of an acute injury, this leads to increased inflammation, which causes the injured area to hurt more after a heat treatment.

Ice packs

When icing a body part using a gel freezer pack, it should generally be applied for 15 minutes every two hours. Wrap the gel freezer pack in a towel and never allow it to directly touch the skin, as it is very cold and could cause tissue damage. Please keep in mind that the use of ice may not be advised with certain medical conditions that restrict blood flow, as the ice could excessively cool the area and might lead to injury.

Ice massage

Ice massage with water ice rather than a gel ice pack often is useful for injuries to extremities. Holding an ice cube with a towel, or a paper cup with ice, gently move the ice in a circular motion over the injured area. The sensations felt will change from cold to burning, then aching, and ultimately numbness. Ice massage should be stopped when the sensation in the area changes to numbness or tingling and before any sensation of pain is felt.

Topical gels

Topical gels are another method of cryotherapy that may help reduce pain. Pain-relieving gels can be applied directly to the injured area (while also trying to avoid non-injured areas). Topical pain-relieving gels may deliver many of the benefits of ice without the inconvenience of direct ice application.

Heat might work better than ice for chronic issues such as low-back pain and arthritis, but for some people, cryotherapy and ice instead of heat provides more relief.

If you're experiencing symptoms resulting from an auto accident or acute injury, contact a chiropractor for an evaluation and to create a treatment plan. The body often recovers faster when symptoms are treated early.

Dr. Neal Stumpf holds a Doctorate of Chiropractic from the University of Western States and practices at Accident & Wellness Chiropractic.



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			6		5	9	
	6	9		5		8	
			2				7
		6			2		1
		5				6	
	4		8			3	
	5				3		
		7		8		1	5
	3	4		2			

Difficulty level: Hard #65969

Instructions: Fill in the grid so that the digits 1 through 9 appear one time each in every row, column, and 3x3 box.

Solution to last issue's puzzle

Puzzle #98335 (Medium)

All solutions available at <www.sudoku.com>.

1	9	8	3	6	7	4	2	5
3	5	4	1	9	2	6	7	8
6	2	7	8	4	5	1	3	9
2	8	9	4	5	1	3	6	7
5	6	3	7	2	8	9	4	1
7	4	1	9	3	6	8	5	2
4	7	2	6	1	9	5	8	3
8	1	6	5	7	3	2	9	4
9	3	5	2	8	4	7	1	6

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All information is current as of February 1, 2018



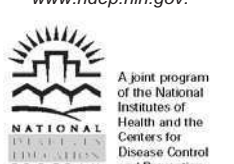
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