

# Injury Treatment

Presented by Dr. Carl German D.C.

## 1) To Ice or Not To Ice...That is the question!

- a) **Why Ice?** Ice reduces inflammation and speeds up the healing process
- b) **When to Ice**
  - Always use ice for the first 48 hours following an injury
  - Any time you train too hard or “over do it”
- c) **How to Ice**
  - Ice for 20 minutes on and 40 minutes off with a paper towel between the ice and skin to avoid an ice burn
  - Never ice more than 20 minutes!
- d) **Forms of Ice**
  - Ice packs, jell packs, frozen water bottles, paper cup with frozen water for ice massage
  - Cryotherapy Gels: BioFreeze
- e) **Heat**
  - After 48 hours following an injury, use heat for sore and stiff muscles
  - Apply heat for 15 to 30 minutes
  - Do not use heat during the first 48 hours of an injury – heat will cause an increase in inflammation during this stage

## 2) Common Injuries & Treatment

- a) **Foot Pain - Plantar Fasciitis and Heel Spurs**
  - **Proper biomechanics:** signs of poor biomechanics are when joints in the foot or ankle “creak, pop, or hurt” or shoelaces hurt top of foot. Adjustments are needed to correct biomechanics.
  - **Treatment:** Use of golf ball or foot massager to massage out muscle spasms, ice, ankle “ABC’s”, orthotics, stretching of calf muscle, anti-inflammatories, use of heel cups for heel spurs.
- b) **Knee Pain**
  - **Proper biomechanics:** have ankle and knee biomechanics checked (if the upper leg and lower meet at too much or too little an angle, “Q angle”)
  - **Treatment:** Ice after each run, possible use of knee strap, Glucosamine Sulfate
- c) **Shin Splints**
  - **Treatment:** Deep tissue massage, ice, stretching of shin, and check biomechanics of ankle. If severe, taping of shins can help to relieve pain.

**If an injury persists or worsens, seek professional advice.**