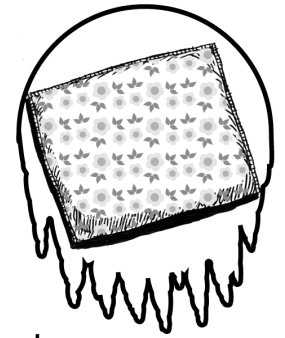


To lessen pain... apply cold



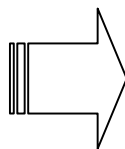
When do you apply cold?

Cold can help to control inflammation caused by arthritis. You can apply cold when your joints are warm, red, swollen and painful.

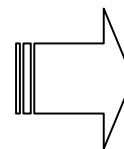
How do you apply cold?

Choose:

- a bag of frozen peas
- a bag of crushed ice
- a frozen therapeutic bag
- a frozen gel bag



Wrap in a damp towel



Apply for up to 20 minutes every 3 hours

Stop applying the cold if you feel discomfort like a burning sensation and tingling.

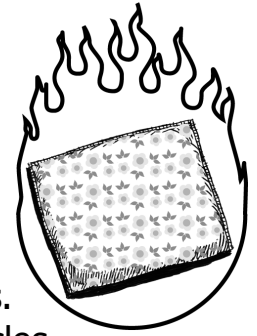
Do not apply cold if you have the following health problems:

- Anemia
- Raynaud's disease or syndrome
- Open wound
- Hives
- Severe hypertension
- Diabetes with circulation complications
- Cancer
- Taking medication that affects state of consciousness
- Severe circulation problem
- Decreased sensation

For additional information, consult your healthcare professional.

Adapted from: Chartrand, M.R., Courtois, L., Paré, J., Richer, D. et Dumas, J.P. (2004). *SOS douleur, glace ou chaleur?* Montréal : Ordre professionnel de la Physiothérapie du Québec (OPPQ).

To lessen pain... apply heat

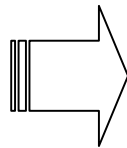


When do you apply heat?

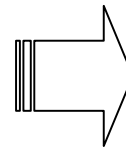
Heat increases blood circulation and can help relax your muscles. You can apply heat when you have aches, stiffness or sore muscles.

How do you apply moist heat?

Warm up a therapeutic bag in the microwave (2 to 3 minutes)



Wrap in a damp towel



Apply for up to 20 minutes, twice a day

Stop applying the heat if you feel discomfort like a burning sensation and tingling.

There are several types of hot packs. Heating pads may be effective but produce a dry heat. People with arthritis get more relief from moist heat.

Do not apply heat if you have the following health problems:

- Hemorrhage
- Inflammation
- Infection, open wound
- Allergy to heat
- Skin disease such as eczema
- Cancer
- Taking medication that affects state of consciousness
- Severe circulation problem
- Decreased sensation

For more information, consult your healthcare professional.

Adapté de : Chartrand, M.R., Courtois, L., Paré, J., Richer, D. et Dumas, J.P. (2004). *SOS douleur, glace ou chaleur?* Montréal : Ordre professionnel de la Physiothérapie du Québec (OPPQ).