



Health Matters

the Gordon H. Grannis Chiropractic Clinic, Inc. Patient Newsletter

Happy New Year!

Heat v. Ice: Redux

About this time each year, we start seeing a lot of winter sport related injuries. I thought it might be helpful to review the question of "Heat versus Ice".

- **Ice** is used to reduce swelling.
- The general rule of thumb is to ice in the first 72 hours of an acute injury.
- The best length of time is 10 minutes per 45 to 60 minutes. Longer times run the risk of frostbite and actually increasing swelling.
- A cheap, inexpensive ice pack is a family size bag of frozen vegetables. Make sure to place a thin towel or paper towel between the ice and your skin.
- **Heat** is best for old aches and pains, arthritis, or after the first 72-hour period.
- Heat is used to increase blood circulation.
- The best length of time is 15 to 20 minutes per hour, NEVER more than medium heat, and NEVER sleeping with a heating pad. Longer or warmer treatments run the risk of literally cooking your tissues.
- You can apply heat to the area up to 4 times a day.
- Moist heat seems to work better than dry.
- **Combine heat and ice** with moderate to severe injuries after the first 72-hour period for better results than heat alone.
- The best time length is 10-minutes of heat followed immediately by 5 minutes of ice. Repeat this 10/5 heat/ice cycle 3 times, meaning applying heat and ice alternately for a 45 minute period. This can be done as often during the day as time permits.
- Combining heat and ice affects the tissues much like squeezing out and re-absorption of a soapy sponge, drawing blood in and out of the injured tissue.

Tennis Elbow Treatment

A recent study concerning Tennis Elbow, a painful inflammation of the outer tendons of the elbow compared using 1) cortisone, 2) exercise with manipulation, and 3) just advice for the treatment of this condition. Cortisone gave the quickest relief, however that wore off within six weeks. The exercise

Last and Final Shameless Plug for My Daughter

(This time, I really mean it!)

My daughter, Kina, made it to the top three of the Doritos Crash the Super Bowl contest. Incredible! So, from now until January 27th, the voting continues. You can vote once a day. Her website has clear links and directions on how to vote. If you have been voting, I thank you. If not, listen to her music and consider.

The winner of the contest will receive a recording contract with Interscope Records and will have their 60-second music video played during Super Bowl 2008!
<http://www.twoweeksforkina.com>

There, I said it, and won't say it again.





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and manipulation treatment was the best of the three choices, especially by the 3-month mark, beating both the cortisone and advice groups. Even the advice-only group did better than the cortisone group by three months.

Cortisone also carries with it the risk of tissue damage at the injection site, potentially destroying the local tissue integrity. This indicates that cortisone injections for tennis elbow should be reserved for cases only after exercise and manipulation have failed.

More Bad News About Smoking

Another very interesting study looked at the question of low back pain from a new angle. It compared smokers and people having advanced degenerative disc disease with patients having healthy spines. Amazingly, having smoking as a risk factor was 90% accurate for predicting if someone was going to have serious low back problems. Also quite amazing is that having advanced degenerative disc disease was not significant in predicting future serious lower back problems. Additionally, smokers also on average take 5 times longer to recover from surgery.

The moral? Quit smoking. Do it now.



Happy New Year all. May 2008 be a year of health and prosperity for all.

Yours in health,

Gordon H. Grannis, D.C.

This newsletter is a production of Gordon H. Grannis Chiropractic Clinic, Inc.
24541 Pacific Park Drive #290
Aliso Viejo CA 92656
To schedule an appointment, call the office at (949)448-8599
Visit the office's website at <http://www.grannischiropractic.com/>