



Patient Guide

Should I Apply Ice or Heat To An Injury?

Ice should be used in the acute stage of an injury (within the first 24-48 hours), or whenever there is swelling. Ice helps to reduce inflammation by decreasing blood flow to the area in which cold is applied. Heat increases blood flow and may promote pain relief after the swelling subsides. Heat may also be used to warm up muscles prior to exercise or physical therapy.

How to Make Your Own Gel Ice Pack

What you need:

- 2 quart or 2 gallon plastic freezer bags (depending on how large you want the cold pack)
- 2 cups water
- 1 cup rubbing alcohol

Instructions:

- Fill the freezer bag with 1 cup of rubbing alcohol and 2 cups of water.
- Try to get as much air out of the freezer bag before sealing it shut.
- Place the freezer bag inside a second freezer bag to contain any leakage.
- Leave the filled bags in the freezer for at least an hour.
- When it's ready, place a towel between the gel pack and bare skin to avoid burning the skin.

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What Are NSAIDs and How Do They Work?

Non-steroidal anti-inflammatory drugs (NSAIDs) are non-prescription, over-the-counter pain relievers such as Motrin, Advil, Naproxen, or Aleve. They are popular treatments for muscular aches and pains. This medication should be taken for 10 to 14 days to allow the medicine to build to therapeutic levels in the body. Taking the medication too infrequently allows the drug levels to drop, which decreases its effectiveness.

Scoliosis

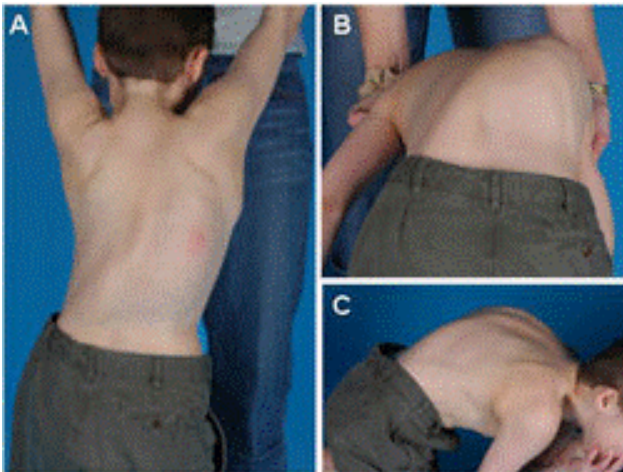
Scoliosis is defined as an abnormal curvature of the spine. Although it is a complex three-dimensional deformity, when viewed from the rear, the spine of an individual with scoliosis may look more like an "S" or a "C" than the usual straight spine.

Classifications:

- Congenital— abnormal formation or segmentation of the vertebra of the spine
- Neuromuscular— Cerebral Palsy, Muscular Dystrophy, or Spina Bifida
- Syndromic— Marfan's, Neurofibromatosis, or Turner's
- Idiopathic— most common type
 - Infantile 1-3 years of age
 - Juvenile 3-10 years of age
 - Adolescent >10 years of age

Screening:

- Should be performed at annual routine well child visits. Your child's pediatrician should check for:
 - Flexibility
 - Shoulder/pelvis height (are they even?)
 - Leg length discrepancy
 - Adam's forward bending test



Immediately After An Injury

RICE

Rest: As soon as you've become injured, stop your activity, and rest for 24-48 hours.

Ice: Ice the injury for 15 minutes at a time. Rest and remove the icepack for 30-45 minutes; then repeat. Continue icing for 3 days. The ice will help reduce swelling.

Compression: Another way to reduce the swelling and prevent further injuries is to keep the joint stable by wrapping it with an elastic ace bandage or having it splinted. This can be done by the Primary Care Physician, Emergency Room, or Walk-in Clinic.

Elevation: Keep your injured limb above your heart when you sit or lie down.

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www.chortho.com

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