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Integrity Chiropractic and Family Wellness
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Post-Trauma Treatment Protocol

RICE = Rest, Ice, Compression, Elevation

Ice

Within 24 to 48 hours of injury

20 Minutes on Maximum – any longer will cause tissue damage!!!

20 Minutes off

3 times per day

Function: To Reduce inflammation and decrease the pain

Contraindications for care:

Heavy lifting

Twisting

Bending

Sports/Recreational activity

Heat (hot pack, hot pad, hot tubs, bath or warm shower).

When to use Heat:

After 48 hours of the trauma AND when swelling has subsided, heat may be considered as long as it does not increase the inflammatory process and associated pain. If it does, then switch to ice. Heat is used to increase blood flow to the damaged tissue to aid in healing. Used too soon, it can increase the inflammation, increase pain and cause a great amount of discomfort and even slow the healing process.

Any questions or concerns:

Call immediately

Office: 307-734-6006

Cell: 307-413-1748

Emergency Response: 911

Business card given: Yes No

Follow up visit:

Is always recommended to track progress of condition.

Some patients experience latent soreness after an adjustment – this is normal.

Continued Care:

If traveling, please follow up with your original Chiropractor or other health care professional when you return home.

Per your written request, documents can be forwarded to the appropriate health care professional at any time.

Signed: _____ Date given: _____