



# ELEMENTS

chiropractic clinic

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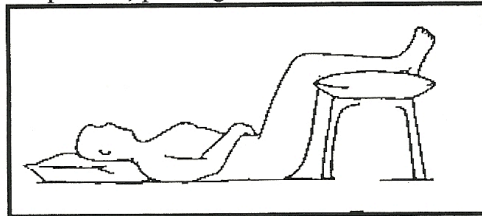
## **INFLAMMATION**

**ADL#01**

One of the reasons you are experiencing pain and tenderness is due to a process known as inflammation. Inflammation puts pressure on your body's nerves, increasing pain and reducing range of motion. One of the very best ways to help the healing process is to reduce inflammation by using ice and reducing intake of high salt foods.

### **ICE:**

Take a hand towel and fold it in quarters. After soaking it in water place the towel in a large zip lock freezer bag. Place the wet towel in the freezer until it becomes hard like a brick. Lie on your back with legs elevated as shown in the picture, placing the frozen towel on the area of your chief complaint.



20 minutes on  
10 minutes off (place towel back in freezer)  
Continue process for 2 hours

### **SODIUM INTAKE:**

Cutting down on the amount of salt you consume will reduce your body's fluid retention and decrease nerve pressure. Many products such as pork, lunchmeat, soft drinks, and canned soup contain very high levels of sodium and should be avoided. If you frequently suffer from fluid retention with symptoms like swollen feet, ask your Doctor about supplementation to help.

- AC CARBAMIDE: 2 TABLETS, 3 TIMES A DAY**
- AC CARBAMIDE: 2 TABLETS, 4 TIMES A DAY**

**99213-25**

**Date Reviewed:** \_\_\_\_\_

**Patient's Name:** \_\_\_\_\_

**Doctor:** \_\_\_\_\_