



NEW ENGLAND

FUNCTIONAL FITNESS

The Gym Rag

Help us grow!

Leave a review

SAVE THE DATE!
OPEN HOUSE AUG. 5

Join us on Saturday, Aug. 5 as we celebrate you, all of our wonderful clients, without whom NEFF simply would not exist. Without you, we wouldn't be able to do what we love for a living: watching with glee as all of you sweat and suffer through the exercises we put you through. Just kidding!

In all seriousness, we hope that our passion of fitness and functional movement has rubbed off on some of you and helped in some way, shape or form. We truly want to see all of you thrive in whatever you do or want to do in your lives.

Now for the good stuff: we'll have food, games, giveaways, golf assessments, and some other fitness-related events. More details on all of this to follow as we get closer.

This isn't limited to clients only. We encourage you to bring friends, family, or whoever to come and experience the wonder of NEFF. See you then!

ICE was nice, but you can't beat heat

By Julie Sopchak

Imagine this scenario:



You're playing pickleball, the sport overtaking recreational facilities nationwide. You're going back and forth with your opponent, invigorated by the challenge. You're running all over the court: left, right, up, down, until suddenly you plant your foot and you feel it - your ankle rolls and you feel a painful POP.

You're on the ground, grabbing your ankle - man that hurts! Your gracious opponent decides to pause the game and come help you.

"We gotta get you some ice!" They say. You sit there, nodding in agreement because yeah, sure, ice. That's what we're supposed to do, right?

They grab an ice pack and quickly apply it to the affected area. "Ahh," you say, as the coolness soothes the area. Then they tell you to RICE it: Rest, Ice, Compress, and Elevate...

NOT A TYPO

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Where did "RICE" come from?

In 1978, Dr. Gabe Mirkin published *Sportsmedicine Book* that first coined the term "RICE" and proclaimed ice to be the best way to heal an injury. This idea was likely piggy-backed off a successful limb re-attachment when a kid (from Massachusetts!) had his arm ripped clean off at the shoulder and doctors put said arm on ice for preservation before reattaching it (look up: Everett Knowles). For decades to come, using ice on sprained joints or any other kind of orthopedic injury would become common practice across the medical field.

Fast forward to 2013, when Mirkin's philosophy was challenged by Gary Reinl in his book *Iced! The Illusionary Treatment Option*. Reinl's book compiled numerous studies and analyses demonstrating that ice did not accelerate the healing process, but instead kind of slowed it down. In 2015, Mirkin appeared to agree with this idea and then *publicly recanted his original views*.

The physiology in question

When you want to preserve some meat you bought, what do you do? You put it in the freezer and then when you're ready to eat it you thaw it out and cook it up. The freezer preserves the meat so that it doesn't spoil and I have news for you: we are also meat. Put us on or in ice and our tissues will respond the same way - they will freeze and any metabolic processes taking place will slow down. Do it to a certain extent, and it will all stop completely.

So when that kid's arm was severed, it made sense that doctors wanted to *preserve* his arm and make sure it didn't start rotting from lack of blood flow and nutrients to the tissues. When you sprain your ankle, it's still attached to your body and receiving nutrients from blood flow. There's no need to preserve tissue - it's not dying.

When your body experiences an injury/insult, it activates the inflammatory process to help it heal. This is a very complicated process that has different stages and many types of cellular actions that we won't get into, but suffice it to say, it is necessary to heal. All that inflammatory stuff gets rushed to the area by the blood (swelling) and then starts going to work where it creates some waste products that will get cleared away (more swelling). When you put ice on that area, you're constricting the blood vessels, thereby reducing the amount of inflammatory agents trying to get to the area; you're actually making it harder for your body to heal.

STICK WITH IT, KEEP READING...

Love for the little guy

As you may know, NEFF is a small business, which means we understand and truly value the importance of community. As such, we've been spotlighting a small business every month to help spread the word of all your amazing endeavors!

If you would like your business (or even side hustle) to be featured, talk to Coach Julie or email her at Julie.Sopchak@neffitness.com.

Oh, and the best part? It's completely free!

Collegiate Strength Program

College and NEFF athletes will have access to an **OPEN GYM** format **4:30p-5:30pm** on Mondays and Wednesdays to execute programs prescribed to them individually through a NEFF coach.

Training is focused on functional movement patterns and developing strength, power, speed, and agility while reducing injury risk.

The package includes 1:1 training sessions to learn movements which will then be executed independently.

"So when I get an ouchie, what do I do?"

Let's shimmy our way back to your pickleball match and rewind to that initial "pop" you felt:

1. Cease activity and assess if this is an emergency

Don't be a hero and try to walk it off, just **stop** the activity and take a break. Let your body adjust to what just happened and allow your mind to clear away the initial pain response so you can assess what's going on.

2. Protect the injured area

You will want to **protect** the injured area. This means no strenuous use so again, *stop trying to walk it off*. If you continue like nothing happened, there's a good chance you're going to make it worse.

3. Turn up the heat, baby

This where we're going to take that road less traveled. Instead of icing, try **heating** the area to keep the blood flowing. This will keep all the inflammation cells moving through and tissue will remain soft so it doesn't stiffen up.

4. Gradually increase movement and loading

Instead of resting and immobilizing, you will want to maintain some level of **movement**. Don't be trying to stretch the area out - move it minimally. Movement enhances blood flow, waste clearance through the lymphatic system (helps control swelling), and helps prevent stiffness. Movement and loading should be gradually increased in a way that will be tolerable to you, not in a way that will have you feeling more pain the day after. Additionally, if pain and swelling become intolerable, then taking an NSAID or applying ice/compression/elevation may be appropriate. We're not trashing RICE components completely, we are just adjusting their priority in the healing process. If your injury starts to flare up to a point where you can't take it, then it does need to be calmed down.

Of course, consult a medical professional who can help guide you more specifically. Don't take all of the information in here as pure gospel - every injury will be different and every individual's healing process will vary. This article is simply meant to expose you all to some new evidence that suggests ice not only doesn't help healing, but might even delay it.

THIS ARTICLE WAS KIND OF
LONG - GREAT JOB FOR
MAKING IT ALL THE WAY
THROUGH! AS A REWARD,
HERE'S A PICTURE OF SOME
PUPPIES AND KITTENS

