

Drs. Frisbee and Kracht Family Chiropractic

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Epsom salt compress:

- 1) Pour 1 cup of epsom salt into one quart of hot water and stir till the salt dissolves. We recommend using a 1 gallon pitcher for this to help contain the mixture.
- 2) Once the salts are dissolved soak a small bath towel in the pitcher and completely soak it.
- 3) Gently squeeze the excess water out and apply the cloth directly to the treatment area. The compress does not have to be hot when applied. The epsom salt is a great muscle cell healer and the magnesium in the epsom salt is a great muscle relaxer.

* You will use ice for the first 24 hours to stop the muscle, tendon, and ligamentous bleed. Then the epsom salt compress to facilitate healing, repair, and muscle relaxation.

keep on for 10-15 minutes.