

Breaking the Ice: Addressing the research and clinical evidence against the therapeutic use of ice for soft tissue injuries

A Seminar with Rebecca Dietzel

Saturday December 5th, 2015
11am - 1pm

The use of ice as a therapeutic modality for soft tissue injuries has come under scrutiny as research now shows that ice interferes with the healing process. Ice also affects the nervous system in ways that decrease coordination, speed, and muscle strength. While research suggests that ice can be used for pain relief, its use in that regard needs to be carefully weighed against the detrimental effects of that choice.

In this workshop, Rebecca will outline the body's innate healing process and discuss how applying ice to an injury interferes with that process. She will offer other options for addressing injuries that are supported by both research and clinical evidence, including strategies for addressing pain.

Rebecca Dietzel M.S. is an anatomist and biochemist. She received her Master of Science from Columbia University's Institute of Human Nutrition. She maintains private practices in New York City and Vermont teaching anatomy, physical re-education and nutritional biochemistry. Rebecca is the nutrition consultant for Canada's National Ballet School, and co-author of [A Dancer's Guide to Healthy Eating](#).

In the Eastern sciences, Rebecca is an Ayurvedic practitioner in the tradition of the Wise Earth School. She studied Ayurveda and the Vedic Tradition under the tutelage of Swamini Mayatitananda and has also been certified as an Ayurvedic Practitioner by the AYU Ayurvedic Academy.

Location: Noho Pilates Studio
611 Broadway, Suite 608
New York NY
(Just north of Houston Street)

Fee: \$60

To register: Email Stephen Williams
at nohostudio@yahoo.com or call

212-677-9203