



COLD PACKS

HOW IT WORKS:

The aim is to decrease inflammation in the area that the technique is applied to. Following injury to a joint, muscle, ligament or tendon, the area can become inflamed, producing pain. The tissues can also become very congested and circulation can be affected. This form of Hydrotherapy will help to decrease inflammation in the area, relieving the congestion, some of the pain and speed up the healing process.

HOW IT IS DONE:

1. Use a bag of frozen vegetables (peas / sweetcorn) or an ice pack
2. Apply to the area for five (5) minutes
3. Remove from the area for five (5) minutes
4. Re-apply to the area for another five (5) minutes
5. Repeat steps 2 to 4 twice more

Never leave the ice on for more than five (5) minutes at a time.

Carry this procedure out once each day if your pain is acute.

HOT AND COLD PACKS

HOW IT WORKS:

The aim is to stimulate circulation in the area that the technique is applied to. Following injury to a joint, muscle, ligament or tendon, the area can become inflamed, producing pain. The tissues can also become very congested and due to poor circulation, become effectively starved of nutrients. This form of Hydrotherapy will improve the circulation in the area, relieving the congestion, some of the pain and speeding up the healing process.

HOW IT IS DONE:

1. Use a hot water bottle and an ice pack
2. Apply the Hot to the area for one minute
3. Apply the Ice to the area for one minute
4. Repeat Steps 2 and 3 Four (4) times, Always Ending with the Cold

OR

1. In the Shower
2. Spray the area with hot water for ten seconds
3. Spray the area with cold water for ten seconds
4. Repeat steps 2 and 3 ten times, Always Ending with the Cold

Carry this procedure out once each day when the acute pain has died down.