



## HYDROTHERAPY

### 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 three (3) minutes
3. Remove from the area for three (3) minutes
4. Re-apply to the area for another three (3) minutes
5. Repeat steps 2 to 4 twice more

Never leave the ice on for more than three (3) minutes at a time.

Carry this procedure out ...>3... times each day.