



Ice & Heat Therapy

For many years, people have been using cold and heat to treat injuries and ease pain. The therapeutic benefits are well documented, with many products on the market ranging from the simple wheat bag to the more complex cryotherapy systems.

Research has now allowed to us refine the use of ice and heat to provide a very beneficial treatment modality and one that is easily accessible to most people.

Heat

Ice

Contrast

If symptoms persist or worsen please consult your General practitioner

DO NOT USE ICE OR HEAT IF YOU HAVE:

- Impaired sensation such as in diabetes or following surgery.
- Adverse reaction to cold ie; Raynaud's syndrome or urticaria
- Circulation problems, high blood pressure or any blood clotting disorder.
- Rheumatoid arthritis.
- Never apply over head, heart, throat or abdomen.

WHEN	WHY & HOW
ICE FIRST 24 - 48 HOURS OF INJURY	TO REDUCE SWELLING, INFLAMMATION & PAIN. USE A BAG OF ICE, FROZEN PEAS WRAPPED IN A TOWEL OR A WHEAT BAG PLACED IN THE FREEZER.
HEAT AFTER 48 HOURS OF INJURY	EASE PAIN, REDUCE MUSCLE SPASM & SPEED HEALING. USE A HOT WATER BOTTLE WRAPPED IN A TOWEL OR WHEAT BAG. DO NOT USE HEAT IF SWELLING, BRUISING OR INFLAMMATION IS PRESENT.

ICE THERAPY (CRYOTHERAPY)

3 - 5 minutes for bony areas such as an elbow or knee.

10 minutes for areas with more muscle tissue such as a thigh or calf. **DO NOT EXCEED 10 MINUTES.**

Do this 2 to 3 times a day with at least 2 hours between sessions.

Continue daily until swelling, bruising and inflammation start to subside.



There are many ways to use ice therapy, but a simple pack of ice or frozen peas will do.



Apply only to affected area, never wrap ice around a limb

HEAT THERAPY (THERMOTHERAPY)

Heat can be applied directly to the affected area for 15 to 20 minutes.

Keep checking to make sure the skin is not being burned. Pain or injury may alter skin sensation, making it more susceptible to damage.

Marbling of the skin means that the heat is too great or has been left on too long.



Wheat bags mould themselves easily to the area



Overheating can result in skin discolouration and even burns.

Always follow manufacturers instructions when heating wheat bags, generally 1 - 2 mins in the microwave should be enough.

Please take care when filling hot water bottles.

Copyright: The Sportsphysio.com