



HYDROTHERAPY

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

OR

1. Apply a hot flannel to the area for ten seconds
2. Apply a cold flannel to the area for ten seconds
3. Repeat steps 2 and 3 ten times, Always Ending with the Cold

Carry this procedure out a minimum of two times each day when your pain is acute.