



## 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 an ice pack or a bag of frozen vegetables (peas / sweetcorn)
2. Apply to the area for one (1) minute
3. Remove from the area for one (1) minute
4. Re-apply to the area for another one (1) minute
5. Repeat steps 2 to 4 at least three times

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

Carry this procedure out a minimum of twice each day if your pain is acute.