

COLD THERAPY

Cold therapy is a common type of conservative treatment that can be utilized to recover from injury or exercise. Cold therapy reduces blood flow by causing blood vessels to constrict (narrow).

THIS DECREASES:

- INFLAMMATION
- PAIN
- POST EXERCISE SORENESS
- MUSCLE SPASM
- SWELLING

COLD THERAPY IS AVAILABLE IN MANY FORMS:

- COLD PACK
- ICE MASSAGE (CUBE/ICE CUP
- ICE COLD BATH OR WHIRLPOOL
- ICE BAG
- CRYOCUFF

Cold therapy should be applied during the first 24-48 hours after an injury or exercise. A damp layer of towel should be placed between the cold agent and skin to prevent frostbite. The duration of cold application is usually 10-15 minutes followed by a 10-15 minute period of tissue re-warming. This cycle may be repeated in 45-60 minutes, 2-3 times per day.

The exception to this rule is when utilizing ice massage (cube/ice cup) which requires direct contact to the skin. Ice massage is usually done for 1-2 minutes followed by a 4 minute period of re-warming, this is one cycle. Do 2 cycles.

Material taken from AcitivEdge training material by Jay L. Tapper
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