

Water Therapy/Hot and Cold Application

Heat and cold application is extremely important for healing and pain relief. The following techniques can soothe painful muscles, increase blood flow, and decrease swelling. It is important for overall relaxation and stress relief. Please review the following applications for effective symptom relief.

Heat Therapy

Heat application should be applied for the following:

- Decrease pain
- Decrease muscle spasms
- Decrease stiffness
- Previous to stretching
- Relieve tension
- Decrease stress
- Decrease joint pain
- Increase tissue healing
- Increase relaxation response



Apply Heat using: Aromatherapy heat pack, moist hot towel, electric heating pad, or hot shower/bath.

Use heat on desired area, leave heat on for 5 to 20min.

Cold Therapy

Cold application should be applied for the following:

- Decrease swelling
- Increase range of motion when swelling is present
- Headaches
- Increase circulation
- Decrease muscle spasms
- After a deep tissue massage/trigger point therapy
- Sprains



Apply cold using: ice packs, gel packs, slush packs, ice massage, cool bath

Use cold pack for 10 to 15mins, or until tissue starts to feel numb. Note (Do not apply more than the above time unless advised by a doctor)

Tip: Try applying heat for 3 to 5min then switch to cold for 10min. Alternate this technique 3 times for increase healing.