

## APPLICATION OF COLD THERAPY

The application of a cold pack is often very effective on hot, swollen and painful joints and where inflammation is present e.g. acute sprained ankle.

### **Method**

A bag of frozen peas or ice cubes in a plastic bag can be used.

Alternatively there are purposes-made cold therapy packs on the market that can be used in accordance with the manufacturers' instructions.

### **Application**

- Expose the area, which is to have the cold applied to it.
- In order to protect your furniture place a piece of plastic underneath the joint.
- Place a piece of wet kitchen roll or a damp flannel over the area and place your cold pack on top. Wrap the towel round.
- At the end of the treatment time dry the area thoroughly and expect there to be slight reddening of the skin.

### **Dangers**

1. **Never** apply cold straight onto the skin.
2. **Never** apply cold to an area where you cannot appreciate the difference between hot and cold.
3. **Never** apply cold to your left shoulder if you have a heart problem.
4. **Always** check the area 5 minutes after commencing treatment for excessive redness.
5. If you suffer from bad circulation **never** apply a cold pack to any area until you have consulted your doctor.