**Cold Packs**

*Purpose-* Cold packs are used to reduce inflammation, swelling, and muscular pain.

*Precautions-* Damp or wet towels will increase the intensity of the cold packs. A dry towel will allow the cold packs to cool gradually. Your skin will become pink and mildly numb from the cold. The skin will generally warm due to increased circulation in about 30-60minutes. Cold therapy should not be used for patients with Raynaud’s Syndrome, rheumatoid arthritis, cold allergy conditions, paralysis, or areas of decreased sensation. Also, patients who or diabetic, pregnant, heart related conditions should consult their physician before use. If you are concerned of any other conditions which may not be suitable for cold therapy please consult your physician.

*Application-*

* 1. Remove clothing from treatment area
  2. Place a cold pack over a dry towel
  3. Sit or lie in a comfortable position and relax! If there is swelling present, raise the area

above the level of the heart(if possible)

* 1. Keep the cold pack in place for 15-20minutes

**Moist Heat**

*Purpose-* Heat therapy aids in relaxing tense muscles and nerves. Heat also improves circulation of blood and nutrients to injured areas.

*Precautions-* Do not use heat over burns, infections, cysts, tumors, cuts, recent surgeries, or areas of decreased sensation. Do not sleep on a heating pad or lie on top of a heating pad as serious burns may occur. Use extra layers over bony areas and check your skin frequently for hot spots. Damp towel will increase intensity(use precaution). Do not use heat therapy over tumors. If you are concerned of any other conditions which may not be suitable for heat therapy please consult your physician.

*Procedure-*

* 1. Remove clothing from treatment area
  2. Wrap a hot water bottle in warm, damp towel or dry towel
  3. Sit or lie in a comfortable position and Relax. Keep in place for 10-15minutes.

\*\*\*\*Remember to follow the instructions properly and don’t over do it!\*\*\*\*