



## Fact Sheet:

### Hot & Cold Treatment

Combining cold and hot has a greater affect than using either in isolation so it can be worth the extra effort.

#### When?

Use hot and cold when you are suffering from acute pain, if your painkillers are not working. It can be useful before you go to bed or if you wake in the early morning. It may also ease the pain if you feel sore after a treatment.

#### How?

**Cold** - Use a packet of frozen peas or a re-usable cold pack.

**Hot** - compress such as a hot water bottle or wheat pack (follow the instructions included with the pack).

#### Caution!

Do not apply either the hot or cold directly to your skin but wrap them in a tea towel or similar to prevent burning. Make sure the packs are of a similar size.

### Cold → Hot → Cold

Start with cold and finish with cold. Apply each pack to the area of pain for five minutes and leave 15 minutes before repeating. You can repeat this process as many times as you like, but the first couple of sessions are usually the most useful.

#### Why?

Using hot and cold acts like a local pump cold pushing blood from the area, warm bringing fresh blood into the area, the valves in the veins cause the blood to circulate reducing the level of inflammation in the blood stream. If you can reduce the inflammation this will decrease the pain and help you keep more mobile and recover sooner.