

Cold/Hot Treatment Instructions

General Instructions:

Apply compress over the area of maximum pain or as directed by your practitioner. Cold /Hot applications work on reducing local swelling and inflammation. The purpose of Cold/Hot treatment is to **CHILL & WARM** not **FREEZE & BURN.**

What You Need:

A bag of cold peas or a cold pack, wrapped in a tea towel as direct contact may cause a freeze burn.

A hot water bottle filled with hot water from your hot tap, wrapped in a tea towel. **Warning!!! Do not use boiling water.**

Test the hot application on your forearm before applying to a chilled area.

Application:

Start with the cold compress applied as directed for **2 minutes.**

Then apply the **hot compress** for **2 minutes.**

Then **cold** for **2 minutes.**

Then **hot** for **2 minutes.**

Finish on **cold** for **2 minutes.**

Rest for 10 minutes (or more) & start again.

Apply times daily until your next visit.

Any problems, **STOP** treatment & ring the practice or discuss with your practitioner at your next visit.



Practitioner **Date** .../.../...