

Cold Therapy



*Special
Report*



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Cold therapy can be used to ease pain and restore motion following many acute injuries. In addition to relieving pain, cold therapy is excellent for stopping internal bleeding and reducing muscle spasms. The earlier the cold therapy is started following an injury, the better its effects.

What Types of Injuries Respond Well to Cold Therapy?

While many types of injuries respond well to cold therapy, people are often surprised by how effective cold therapy can be for contusions, muscle strains, sprains and hypertension/hyperflexion injuries such as whiplash:

- **Contusion** - A contusion is basically a bruise caused by a hard blow to a muscle. A contusion appears when muscle fibers are damaged, producing tears in the smaller blood vessels. The result is internal bleeding, swelling and pain with movement.
- **Muscle Strain** – Muscle strains are often referred to as pulled muscles. Strains occur when the muscle fibers stretch and tear due to excessive force on a contracted muscle, resulting in internal bleeding and swelling. Strains usually involve large muscle groups such as the quadriceps, hamstrings and calf muscles.
- **Sprain** - A sprain is an injury to the ligament of a joint. Sprains occur when a joint is forced beyond its normal range of motion causing small blood vessels to tear, resulting in extreme pain, internal bleeding and swelling.

- **Hypertension/Hyperflexion Injuries** - These types of injuries are caused by a forceful impact from behind or the side, resulting in a backward-and-forward or sideways motion of the head and neck. Although hypertension/hyperflexion injuries most frequently involve the neck area, they may also strike in other areas of the spine, such as the lower back or lumbar spine.

How Do I Apply Cold Therapy?

For temporary relief, apply an ice pack to the area for 20 to 30 minutes at a time, allowing at least 30 minutes between applications.

Never put ice directly on the skin for long periods. Instead, use an ice bag or wrap the ice in a towel before applying it to the site.

Cold can also be applied by massaging the affected area using a chemical cold pack, or water frozen in a foam cup. To do this, peel the top of the foam cup away, leaving the bottom to hold on to, and rub the ice directly on and around the injured area. Never hold the ice in any one spot for more than three minutes because of the potential for frostbite.

During cold therapy, the skin passes through four stages of sensation within 10 to 20 minutes: cold, burning, aching, and numbness. Cold application should be stopped once the skin feels numb.

If you have any questions about using heat or cold therapy, you are invited to call WellnessOne™ at 425.644.8386.

A word of caution: Heat and cold therapy are temporary remedies and not a substitute for immediate professional care. It is important to call WellnessOne™ at 425.644.8386 to schedule an appointment immediately following an auto accident or sports-related injury.

The WellnessOne™ team of professionals are educated and trained in the proper care and maintenance of the entire body. A qualified expert will perform a thorough examination and prescribe an appropriate program of care based on individual needs. Although every case is different, chiropractic care will help relieve the pain from the initial injury, and help your body heal.



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For more information on this or numerous other topics,
or to schedule an appointment call 425.644.8386.