

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** an injured area not **FREEZE & BURN** so please exercise caution.

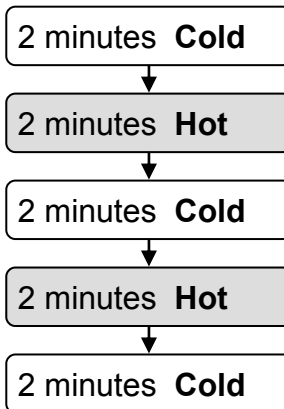
What You Need:

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.**

Reduce your risk of burning by testing the hot application on your forearm before applying to a chilled area.

Application: Total Time (10 Min)



Rest for 10 minutes (or more) & start again.
Apply (3) (6) (9) times daily until your next visit.

Any problems, STOP treatment & ring the practice to discuss with your practitioner.

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

