W1Health

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HOT AND COLD APPLICATIONS (CONTRAST BATHING) INFORMATION LEAFLET

Why use it?

- It's free!
- There is clinical proof it speeds up healing times
- It doesn't cause any side effects in the body like ibuprofen, which can irritate the digestive system.
- The contrast of the two temperatures acts like a drainage system to the injured area.
  - The HOT pack opens up blood vessels bringing nutrients/healing cells to the injured area
  - The application of COLD then decreases the blood flow to the area calming it back down again.
  - By reapplying the HOT pack, new blood re-enters the injured area delivering a fresh supply of nutrients/healing cells and flushes out waste, creating a drainage/pump like system.
- The COLD also acts like a painkiller, it has a calming effecting on nerve endings that relay messages of pain to your brain, therefore reducing your experience of pain.

When to use it?

- When an injury if feeling less acute i.e. usually about 48hrs later when the injured area has calmed down.
- Once swelling has gone down.

How to do it:

- Apply a HOT pack e.g. heat pack/shower spray/flannel or sponge dipped in hot water and cover the injured area for **1 minute**.

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- Apply a COLD pack e.g. cold pack/frozen peas/shower spray/ ice cubes in a carrier bag, and hold there for **20 seconds**

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- Repeat this procedure **3 times in a row** i.e. Hot/Cold/Hot/Cold/Hot/Cold. Always finish with the cold

Aim to do it minimum of 3 times a day

Golden rule: It's all about **3's**. Repeat the procedure of hot and cold **3 times in a row**, **3 times a day.** You can also change the time frame as long as the ratio stays 3:1 e.g. 3 mins hot, 1 min cold and repeat.