

HOT AND COLD PACKS

The heat from this procedure acts as an antispasmodic, pain “killer” and a sedative. It works by dilating the blood vessels and drawing blood to the region. The cold then constricts the blood vessel drawing blood away from the area, this can reduce congestion of the tissues by toxins and inflammatory products.

To make the cold pack: -

- The simplest way is to place a towel or flannel under a cold water tap, and leave it under the water for approximately three minutes until the material is very cold. Wring out the flannel/towel and place onto the area where it is needed.
- Or a slightly more “powerful” application is to place the towel or flannel in iced water for five minutes, remove it and wring it out then apply to the injured area.
- Or a frozen bag of peas wrapped in a damp tea towel can be used and applied to the area. Alternatively Boots and sports shops sell a gel pack that can be frozen and then applied, it retails at approximately £4

To make the hot pack: -

- Place a towel or flannel under a hot tap, keep the water running over the towel for at least a minute (Use rubber gloves to avoid scolding your hands), wring the towel out then wrap in a dry tea towel and apply to the area where it is needed.
- Or use a filled hot water bottle wrapped in a dry tea towel and apply to the area in question.
- Or use a gel pack, which can be purchased from Boots or any good sports shop, and heat it up by placing it in boiling water or in the microwave. Wrap it in a dry tea towel and apply to the area.

For advice on application and repetition please ask your Osteopath.