Cold Therapy

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been told that a technique called 'Cold Therapy' may help with reducing inflammation or swelling of the hand after an injury or surgery. It explains what the technique is, how to practise it and what to do if you have any problems.

What is Cold Therapy?

Cold therapy just means cooling of the skin.

Cooling the skin can be useful in the control of swelling as it helps constrict the capillaries (the very small blood vessels which carry blood to our fingers, toes and skin for example). It may also reduce what is known as the 'inflammatory response' – this is the body's natural response when any injury occurs.

How do I carry out Cold Therapy?

It is best carried out following exercise.

You can make an ice pack by filling a self-sealing plastic bag with crushed ice (or use a bag of frozen peas).

When applying the ice packs you should cover the skin first with a lukewarm flannel.

Initially you will feel intense cold and the skin will redden. The next sensation will be a burning then a deep aching. Finally a pain-free period should occur.

Keep the pack in position for about 15-20 minutes.

Do not exercise the hand immediately after using a cold pack. Your Therapist will advise you on how long you should wait before exercising.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.
- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Are there any precautions?

- If you suffer with something called Raynaud's disease you should not practice cold therapy. Raynaud's disease is a condition which affects the blood supply to certain parts of the body, most commonly fingers and toes. Sufferers usually experience tingling or numbness, also changes to the colour of their fingers or toes, and symptoms are usually brought on by cold weather or environment. Your GP will be able to advise you if you think you may have this condition

- If you develop circular marks on the skin with red borders and white centres, or experience numbness, stop the procedure and speak to your Therapist.

Who can I contact if I have any concerns or questions about Cold Therapy?

If you are at all worried or concerned about any aspect of this treatment please speak to the Therapist in charge of your care.

Name of Therapist: ....

Contact telephone number:..

Out of hours / emergency contact instructions: ....

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English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。