



Hands On Pain Care and Massage Therapy
 208 Commack Road, Commack, NY 11725
 631-462-HAND



Cold Compress

Large Area - 20 Minutes On - 40 Minutes Off	Small Area - 10 Minutes On - 20 Minutes Off
<u>Primary Effects and Indications</u>	<u>Contraindications</u>
1. Vasoconstriction- the blood flow is decreased locally and distally	1. Poor Circulation
2. Relief of pain due to edema or trauma	2. Frost Bite
3. Prevent and relive congestion	3. Over superficial nerves
4. Makes soft tissue less pliable	4. Bony Prominence
5. May have numbing affect	5. Metal Parts
	6. Osteoarthritis

Heat Compress 100 – 110 degrees

Large Area - 20 Minutes On - 40 Minutes Off	Small Area - 10 Minutes On - 20 Minutes Off
<u>Primary Effects and Indications</u>	<u>Contraindications</u>
1. Vasodilatation which draws blood into the area	1. Acute inflammatory injury
2. Increase circulation	2. Fever
3. Makes soft tissue more pliable	3. Burns
4. Relax muscles	4. Care must be taken around any bony
5. Relieve pain of rheumatic joint prominence	5. Metal Parts

Secondary Effects due to prolonged exposure – Congestion in the tissues and sometimes swelling. The capillaries become too permeable which causes a decrease in circulation.

Contrast Local Applications

The application of alternative heat and cold to a local area

<u>Primary Effects and Indications</u>	<u>Important Considerations</u>
1. As an analgesic through acceleration of local reactions.	1. Alternative applications produce both circulatory and thermal circulation.
2. To stimulate healing in local injuries with ecchymosis.	2. Maximum effects are obtained with short, intense, alternative applications of about equal length.
3. To relieve muscle stiffness and pain due to trauma or strain.	3. In cases of wound infection, cover the area with a piece of plastic to avoid moisture on dressings.
4. Chronic Injuries	
<u>Contraindications</u>	
combine heat and cold lists	

Apply 3 complete applications of contrast – Cold 3-5 minutes and Hot 3-5 minutes for total 18-30 minutes. (A good way to remember this is “The body is already warm, **Start With Cold**. You always want to end with a positive blood flow, **End With Heat**.”)