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Hot and Cold
Therapy | Hot Packs -
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In fact, doctors,

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athletic trainers and physical therapists recommend hot/cold combination therapy as one of the most effective ways to prevent injuries and promote recovery. In this section THERA°PEARL explains why both hot and cold therapy is necessary for maintaining a strong

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and healthy body.

Hot Cold Therapy
Wrap -- Hot And Cold
Therapy Products
Hot or Cold Therapy
Whether they are
caused by an injury or
a chronic condition,
aches and pains in
your body can make it
difficult to live life to
the fullest and to rest
comfortably at night.

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Often, doctors recommend hot and cold therapy products to ease discomfort associated with chronic body pains and pain due to injuries.

Hot And Cold Therapy
Treating pain with hot and cold can be extremely effective for

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a number of different conditions and injuries. The tricky part is knowing which situations call for hot and which ones call for cold.

How to Apply
Alternating Hot and
Cold Therapy
According to The
Merck Manual,
techniques such as

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heat therapy and cold therapy are effective in the treatment of your pain and inflammation.

Practitioners use thermal therapies to promote improved range of motion in your injured joints and body segments, which allows you to participate sooner and more fully in

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rehabilitative activities following your injury.

Treating Pain with Heat and Cold
Hot and cold therapy may be effective in aiding recovery by reducing levels of both lactic acid and muscle soreness. It may be particularly beneficial for those who have a second workout

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planned for later in the day, as it doesn't shut the body down in the way pure ice therapy does.

Heat and cold treatment: Which is best?

Ice packs and heating pads are familiar rehabilitation tools, but many people have never heard of

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therapeutic
contrasting: quickly
changing tissue
temperature from hot
to cold and back again.
This is usually
achieved with hot and
cold water, either
dunking a limb or even
immersing the whole
body.

Hot and Cold Therapy
Explained -

Page 12/27

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Using Hot and Cold
Therapy to Relieve
Joint Pain ...

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Hot and Cold therapy are great ways of treating injuries, be it on the track, field, at home or even the office. Whenever we pick up an injury, there's always that initial impulsion to ice it down. While this might be the correct method with some injuries, it's not always the way

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forward, or at least there might be some steps to take before you throw on the ice or heat or vice versa.

Hot and Cold
Therapies for Pain and
Discomfort

Heat or cold therapy works by stimulating your body's own healing force. For instance, heat dilates

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the blood vessels, stimulates blood circulation, and reduces muscle spasms. In addition, heat...

Heat and Cold
Therapy for Arthritis
Pain - WebMD
Heat and cold therapy
are often
recommended to help
relieve an aching pain

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that results from muscle or joint damage. Basic heat therapy, or thermotherapy can involve the use of a hot water bottle,...

Your Guide To Hot
And Cold Therapy –
Pain Doctor

Hot and cold therapy is an effective way to treat injuries on the

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track, field, at the office, or at home. Ice therapy is one of the most commonly used methods in the care of sports injuries including knocks and grazes. Ice therapy can take the form of reusable ice packs, ice wraps, ice bags and advanced ice therapy treatments known as cryotherapy.

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Physicians, athletic trainers, and athletes alike understand the important role of hot and cold therapy can play in helping to relieve pain, reduce swelling, and improve

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recovery times after an injury.

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Contrast

Hydrotherapy:

Hot+Cold for Pain &
Injury

Hot and Cold Therapy

Gel Pack Compress

Two Pack Set with

Wrap by Cureve -

Reusable Ice Packs

with Wrap to Treat

Injuries, Aches and

Pains on Hip, Knee,

Side, Back, Shoulder,

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Feet and Headaches

Alternating Hot and Cold Therapy - Do's & Don'ts - Vive Health
Hot and cold therapy each have their own appropriate uses. You should never apply heat to a joint that is already hot, red, and irritated, for example, nor should you apply cold to a joint that's...

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Hot Cold 201 -
Therapearl
Hot/Cold Therapy is
the preferred
treatment method for
children with special
needs. Hot/Cold
therapy helps recover
from Sports Injury;
Athletes are known to
use heat therapy to
relax and stretch
muscles before

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workout and use cold therapy after training to lower inflammation and pain.

What Are the Benefits of Hot & Cold

Therapy? | LEAFtv

Hot and cold therapy has been a mainstay for treating minor sports injuries. The idea is that applying cold, or ice, to an

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injury immediately after it occurs can reduce swelling and inflammation. Then, once the initial healing has begun, heat can be applied to soothe soreness and restore a better range of motion.

Hot & Cold Therapy |
Walgreens
Hot and cold
treatment may be

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provided through hot and cold therapy products which are developed to provide relief from different types of muscle or joint pain because of arthritis or injury. Heat therapy needs longer application time while cold therapy is needed for a limited time.

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