

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

Ice



©Physiotools

Application of Ice - Use for any recent injury, ie. Less than 48 hours

- Decreases pain – generally and to allow for greater possibility of controlled exercise
- Decreases swelling

Types of ice that can be used:

- Crushed ice in a towel
- Ice in a plastic bag
- Ice gel packs

Always place a damp towel between the ice and your skin to prevent ice burns and make sure the ice covers the whole area of injury.

For recent injuries - Apply the ice for 10 minutes every two hours.

For injuries older than 3 days - Apply the ice for 10 - 20 minutes, three times per day.

Heat



Useful for aches and pains – not for use in recent injuries; ie less than 48hours

- Helps healing
- Decreases pain
- Reduces muscle spasm

Types of heat that can be used:

- **Wheat bags** – in accordance with manufacturer's instructions
- **Heat pads** – in accordance with manufacturer's instructions
- **Hot water bottle** (in a cover)
- **Heat wrap** – roll up a towel along its width, put into a basin and pour a kettle of boiling water over it. Wearing rubber gloves, wring excess water out. Place onto sheet of plastic large enough to completely wrap towel, to keep hot water in eg. Cut open plastic bag with no holes in. Once wrapped up (ends and length) roll a dry towel around it to make a large "Christmas Cracker" shape. It will stay hot for 30 minutes. If it is too hot wrap more dry towels around the outside.

Apply the heat for 10 to 30 minutes three times a day.

Contrast Bathing

These are useful for hand and wrist or foot and ankle injuries.

- Two bowls, one with comfortably hot water and the other with cold water and a few ice cubes
- Place affected hand or foot into cold bowl for one minute and then into hot for one minute
- Repeat five times ending with the warm water
- Repeat several times per day

DO NOT USE ICE OR HEAT IF ANY OF THE FOLLOWING APPLY:

- Extreme sensitivity to cold or heat
 - You have a big scar area
 - Open or infected wounds
 - Severe eczema or dermatitis
 - Impaired circulation
 - You have undergone X-ray therapy within the last six months
 - You have cancer
 - Raynaud's Disease
 - Reduced sense of hot or cold
-