

# CRYOTHERAPY METHODS OF APPLICATION

## ICE MASSAGE

ICE IS PLACED IN A POLYTHENE BAG AND APPLIED OVER THE BODY TISSUE. ICE CUBES, CRUSHED ICE OR FLAKED ICE, ETC. CAN BE USED.

### METHOD 1



### METHOD 2

## ICE TOWELS

PREPARE THE ICE SOLUTION BY FILLING A BUCKET WITH TWO PARTS OF FLAKED OR CRUSHED ICE TO ONE PART WATER IN WHICH TERRY TOWELS ARE IMMERSSED. THE SURPLUS WATER IS WRUNG FROM TOWEL, LEAVING AS MUCH ICE CLINGING TO IT AS POSSIBLE. IT IS THEN APPLIED TO THE PART BEING TREATED.

## IMMERSION IN COLD

THE PART OF THE BODY IS IMMERSSED IN COLD WATER OR A WHIRLPOOL IN WHICH TEMPERATURE OF WATER IS LOWERED UP TO 0–10°C.

### METHOD 3



### METHOD 4

## COLD PACKS

COMMERCIALLY USED COLD PACKS ARE USED FOR ADMINISTERING COLD. THESE COLD PACKS CONTAIN SPECIAL MATERIAL WHICH RETAINS THE COLD LIKE THE SILICATE GEL.



## VAPOCOOLANT SPRAYS

THESE ARE BEING USED VERY COMMONLY IN SPORTING ACTIVITIES OR ATHLETIC INJURIES. THE COMMONLY USED SPRAYS ARE FLUOROMETHANE OR ETHYL CHLORIDE

### METHOD 5



### METHOD 6

## EXCITATORY COLD

THE MARKED SENSORY STIMULUS OF ICE ON THE SKIN CAN BE USED TO FACILITATE CONTRACTION OF INHIBITED MUSCLE

