THERAPEUTIC EFFECTS OF CRYOTHERAPY

www.physiotherapyphd.com

Inflammation control

Cryotherapy can be used to control acute inflammation, thereby accelerating recovery from injury or trauma.

Edema control

Cryotherapy can be used to control the formation of edema, particularly when edema is associated with acute inflammation.

Pain control

The decrease in tissue temperature produced by cryotherapy may directly or indirectly reduce the sensation of pain. Cryotherapy directly and rapidly modifies the sensation of pain by gating pain transmission through the activity of cutaneous thermal receptors.

Modification of spasticity

Cryotherapy can be used to temporarily reduce spasticity in patients with upper motor neuron dysfunction.

Facilitation

Rapid application of ice as a stimulus to elicit desired motor patterns, known as quick icing, is a technique Developed by rood. Although this technique may be used effectively in the rehabilitation of patients with flaccidity resulting from upper motor neuron dysfunction.

Cryokinetics and cryostretch

Cryokinetics is a technique that combines the use of cold and exercise in the treatment of pathology or disease. Cryostretch is the application of a cooling agent before stretching. The purpose of this sequence of treatments is to reduce muscle spasm, thus allowing greater rom increases with stretching.