



Dr. Shawn A. Schmidt

CRYOTHERAPY

Q: What is Cryotherapy?

A: Cryotherapy is a term that describes the application on ice, cold towels, ice massage and compresses to reduce the temperature of tissues directly on or below the surface of the skin

Q: How does Cryotherapy work?

A: Surface cooling constricts blood vessels, numbs painful area, and helps relax spasm. Cold temperatures reduce nerve transmission of painful symptoms and provides temporary relief.

Q: What does Cryotherapy feel like?

A: Ice is most often used to manage acute injuries or recent eruptions of chronic conditions. Cooling affected tissues is effective in reducing and preventing post traumatic swelling. Local cooling should be applied several times a day during the initial stages of an injury.

Q: Why is Cryotherapy used?

A: Cryotherapy is inexpensive, readily available, and an easy way to reduce swelling of inflamed tissues.

Patient Benefits:

Helps reduce swelling and inflammations

Numbs affected area to reduce pain

Reduces muscle spasms

Inexpensive and can be self-applied



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INSTRUCTIONS FOR USE OF ICE PACK

Wrap the frozen ice pack in a warm damp washcloth. Apply to area of discomfort for twenty (20) minute intervals every two hours or as directed by the doctor. You will need to apply the ice until the area of application feels numb before you remove it. Leave the ice pack off for at least one (1) hour before your chiropractic appointment.

NEVER APPLY THE FROZEN ICE PACK DIRECTLY TO THE SKIN - ALWAYS WRAP IN CLOTH OR PAPER TOWELING!!!