

Children's Physiotherapy Service

Ice and Heat Treatment



Ice Treatment

Ice is a simple and effective treatment which can be used at home to help reduce **pain** and **swelling**. Follow the instructions below and the advice from your physiotherapist.



Preparation

1. A small bag of frozen peas or ice pack is ideal.
2. Wet a hand/tea towel in cold water so that it is damp (not soaking wet)
3. Wrap/fold the bag of peas or ice pack in the towel so that there are 2 layers of towel between the ice pack and your skin.

Treatment

4. Place the ice pack on the swollen area (as advised by your physiotherapist) – it may feel a little uncomfortable at first.
5. Check the area after 5 minutes – the skin should look pink. If it looks at all blistered, or if a burning sensation is felt at **any time**, remove the ice pack **immediately** and **do not** reapply.
6. Leave the ice pack in place for 15 minutes and then remove and dry the area. The skin will feel cold to touch for a few minutes afterwards.
7. Reuse the same bag of peas/ice pack as many times as you need but remember to discard the peas when you no longer need them **do not** eat!

If you have any adverse effects or concerns, discontinue the treatment and let your physiotherapist know.

Heat Treatment

Heat Treatment can be used safely and effectively at home to help reduce pain, increase blood flow and joint mobility and help relaxation of muscles.

Preparation

1. A hot water bottle or wheat bag is ideal and much safer than using a heat lamp.
2. Boil water and allow to cool. $\frac{1}{4}$ fill the bottle with cool water and top up with hot water from the kettle.

or

Heat the wheat bag in the microwave as per manufacturer's instructions.

3. Wrap the hot water bottle/wheat bag in towels so that there are at least two layers of towel between your skin and the bottle.

Treatment

4. Sit in a comfortable position with the area to be treated well supported.
5. Place the wrapped bottle/wheat bag on the area as instructed by our physiotherapist for a maximum of 15 minutes. It should feel comfortable and warm and your skin will become pink.
6. If it feels too hot remove immediately and do not re apply.

If you have any adverse effects or concerns, discontinue the treatment and let your physiotherapist know.

If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza,
Telephone No: 01422 261340

Princess Royal Health Centre
Telephone No: 01484 344299

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"