

Contraindications

1) Cardiac Disease →

Coronary thrombosis and anginal pain are sometimes provoked by cold. Locally applied ice may cause reflex vasoconstriction of the coronary arteries and should therefore not be given to patient who have coronary artery disease.

Date: / /

Ice applicatⁿ to the left shoulder should be avoided in the patient with any sort of cardiac disease

2) Sensory Deficiency →

Ice should not be applied to the areas with sensory deficiency becoz :-

1) The normal circulatory response is altered, if autonomic nerves are affected. So, tissue cooling occurs more rapidly and more deeply than normal.

2) The neurological effects of cooling such as facilitation of muscle contraction require intact sensory nerves.

3) Vasospastic Disease →

⇒ Eg. → Raynaul's Phenomena.

⇒ Exposure of cold causes vasoconstrictⁿ which further aggravates the condition which causes spasm of digital arteries.

4) Peripheral Vascular Disease (PVD).

5) Psychological reason.