

13/10/22.

Page No.: 77  
Date: / /

## Cryotherapy / COLD

- It is the application of cold modalities that have a temperature range between  $0^{\circ}$ - $10^{\circ}$ C.
- During cryotherapy heat is removed from the body tissues and absorbed by the cold modalities until the temperatures are equal.
- Cooling to the body surface is simply the transfer of energy away from the tissue.
- ⇒ Temperature changes in the tissues depends on both, the rate and amount of heat energy removed, so the temperature drop in the tissues will depend on :-

(i) Temperature difference between the coolant and the tissues →

The colder the application the greater the heat loss from the tissues.

(ii) Thermal conductivity of the tissues →

Water filled tissues such as muscle have high thermal conductivity compared to fat or skin.



iii) The length of the time for which the cold is applied.

iv) The size of the area. →  
The larger the area, more heat energy is lost.