

General Effects of cooling

→ Cooling stimulates cold receptors which are more numerous than heat receptors in any given area of the skin. These impulses are carried by Lateral spinothalamic tract ~~tract~~ synapses in the thalamus giving awareness of cold.

→ Normal cooling → vasoconstriction

(82)

If temperature drops great enough - shivering will occur. This increases metabolism and hence heat production by regular muscle contraction.

Techniques of Application of Cold Therapy

1) Preparation of patient

Nature and effect of cold therapy should be explained to the patient. The area to be treated should be examined for any contraindication.

2) Preparation of apparatus

Decide by which method you should apply the cold.

3) Preparation of the part

A suitable position and support for the part is arranged depending on whether it is to be immersed or have a cold pack applied.

4) Instruction for the patient

The patient is warned to indicate any pain or discomfort

Cold may be applied in following ways :-

1. Local immersion
2. Cold packs

→	Ice pack
→	Commercial cold pack
3. Ice Towel
4. Ice massage
5. Evaporating sprays
6. Excitatory cold