

History of Cold

Cold drinks and baths, natural ice and snow were used before the introduction of artificial ice in 1755 as the first forms of cold therapy. While ice is still commonly used today, freezeable gel packs offer convenience and ease of use.

Therapeutic Applications

Cold therapy is used for ailments and pain such as sports injuries, bruises, chronic joint and soft tissue inflammation as it minimizes edema and bleeding.

For immediate first aid management of an injury, the popular and traditional method of rehabilitation is RICE—rest, ice, compression, and elevation. The therapeutic temperature range for cold therapy is from 32° F – 65° F.

How it Works

Cold reduces the flow of blood to the treatment area and acts as an analgesia as it reduces nerve-conduction velocity. Reduced local tissue metabolism and decreased blood supply offers relief from muscle spasm and pain. There are four natural stages of sensations with cryotherapy: 1) uncomfortable sensation of cold, 2) stinging, 3) burning or aching, and 4) numbness.

When to Use Cryotherapy

The application of therapeutic cold should be used when motion is limited by **pain**. Cryotherapy is effective in acute stages of inflammation, before range of motion exercises, and after physical activity/rehabilitation.

Reusable Gel Packs

• **Versa-Pac® Reusable Hot and Cold Packs** Reusable gel packs are stored in the freezer for cold therapy. The packs remain flexible, conformable, and maintain a therapeutic temperature for up to 30 minutes.

REF MH73200	8 in. × 11.5 in.	6/case
REF MH73912	5 in. × 10.5 in.	12/case
REF MH76948	4 in. × 6.5 in.	48/case

As with any cold pack, always use a towel or cloth cover between the skin and pack to prevent the possibility of frostbite.

