

Hot/cold packs (contrast bathing)

I will have recommended this to enable a pumping of blood to help speed up recovery. Increasing tissue oxygenation, nutrition delivery, removal of inflammatory products and building of good collagen fibre. This is really important - the more you do the quicker you will recover and the less treatments you will need.

Important message: Both hot and cold packs can burn. Be careful not to overly heat or overly freeze your packs. Ideally wrap them in a tea towel; or apply over clothing. Never directly onto skin.

Step 1

Apply a warm pack over the affected area for 3 minutes

Step 2

Remove the warm pack and apply a cool pack over the same affected area for 1 minute.

Step 3

Remove the cool pack and follow step 1

Repeat Step 1 to 3.

Questions

1. How many repetitions?

4 to 6 repetitions. This will take roughly 15 to 25 minutes.

2. How many times a day?

2 to 4 times a day. The more the better!

3. What if I start with a cool pack first?

Don't overthink it!

4. Can I make up my own times and schedules?

Recommendations are there for a reason! But please tell me if you don't/can't follow these instructions. You will likely recover more slowly; and I will need to take that into account by factoring in more treatment sessions.

Again - please tell me if you don't follow the steps, if I don't know, it might affect my diagnosis and treatment plan

Yasin's mission is to get his patients better quickly in as few sessions as possible. Thank you for helping me.