

Temperature Control Therapy

Temperature therapy involves the application of either heat or ice directly onto the area that is affected by pain / discomfort. This therapy can be highly effective when it is utilised alongside other pain relief methods such as medicinal, veterinary or physiotherapy intervention.

- **Heat Therapy** – Heat therapy is used to soothe discomfort relating to stiffness found in joints and the surrounding soft tissues. E.g. Muscle Spasm. Heat should be applied for approximately 10-20 minutes to **Temperature** provide relief and can be used numerous times per day.
- **Ice Therapy** – Cold therapy is used for relief of sharp pain often related to an inflammatory response. The Ice will numb the pain and also constrict blood vessels, therefore reducing the inflammatory response. Ice should be used for no longer than 10 minutes however can also be used severely times per day.



Always use an intermediate material between the source of ice / heat to avoid damage on the skin. E.g. use a towel

If you are unsure of which therapy should be used here are some questions you could answer that may make it easier for you to decide.

1. Are there any signs of Inflammation? I.e. Heat, Swelling, etc... - If there are any signs of inflammation then you should use **ice**.
2. Is the area injured and is the injury new? I.e. under 72 hours – If it is a fresh injury then you should use **ice**.
3. Is the animal lame after rest? – If your dog is stiff when getting up from taking a nap you should use **heat**.

If you still aren't sure then contact your vet or physiotherapist for more information.