

**Hot/Cold compresses to body part:**

General idea: 5 minutes as hot as you can stand, 30 seconds ice water. Alternate 3-4 times. Always end on cold.

Some modification of this:

1. Prepare 2 hand towels by running under warm water. Ring out so they are wet but not dripping. Put in microwave for 30 seconds – 2 minutes until they are steaming (or place in 150 degree oven until warm). Keep 2<sup>nd</sup> towel warm.
2. In a tub of ice cold water, place 1 hand towel.
3. Have 1 larger dry towel available.
4. Place 1 hot towel to body part. Place dry towel over the top covering it completely. Leave for 5 minutes. Remove both, place cold towel over body part for 30 seconds. Place 2<sup>nd</sup> warm towel over body part with dry towel on top for 5 minutes. Place 1<sup>st</sup> warm towel back in oven or in microwave to re-warm. Repeat cold. Continue until 3-4 cycles are complete. If you have access to a pool & hot tub, that makes it easier to submerge a body part.