

# #361 Cryotherapy Transcript

## Cryotherapy Brochure

Header: Cryotherapy

Q: What is Cryotherapy?

A: Cryotherapy is a term that describes the application of ice, cold towels, ice massage and compresses to reduce the temperature of tissues directly on or below the surface of the skin.

Q: How does Cryotherapy work?

A: Surface cooling constricts blood vessels, numbs painful areas, and helps relax muscle spasms. Cold temperatures reduce nerve transmission of painful symptoms and provide temporary relief.

Q: What does Cryotherapy feel like?

A: Ice is most often used to manage acute injuries or recent eruptions of chronic conditions. Cooling affected tissues is effective in reducing and preventing post-traumatic swelling. Local cooling should be applied several times a day during the initial stages of an injury.

Q: Why is Cryotherapy used?

A: Cryotherapy is inexpensive, readily available, and an easy way to reduce local swelling of inflamed tissues.

### Patient Benefits

Helps reduce swelling and inflammation  
Numbs affected area to reduce pain  
Reduces muscle spasms  
Inexpensive and can be self-applied

Caption: Consult your doctor before the self-administration of any therapy.

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