

HOW IT WORKS!

SHORT COLD APPLICATIONS Cause constriction and then dilation of blood vessels in area, stimulating blood flow and improving vitality eg liverish conditons, fatigue, constipation.

PROLONGED COLD APPLICATIONS Cause contraction and decreases vital activities of surface as well as internal area connected by reflex eg stops nose bleed.

PROLONGED HOT APPLICATIONS Causes passive dilation of blood vesels eg improve respiration.

ALTERNATIVE HOT/COLD Increases white blood cells to a given area - ideal for acute congestion and reducing inflammation eg low back strain.

CLINIC TIMES

Jolyon D. Wardle DO. MRO., N.D., M.R.N.
GRANGE TUESDAYS & FRIDAY AM
BARROW WEDNESDAYS (& MONDAY PM)
LIVERPOOL THURSDAYS

Valerie Makinson Bsc(Hons.) Ost. Med.ND
LIVERPOOL MONDAYS
BARROW WEDNESDAY PM (& FRIDAY AM)
GRANGE THURSDAYS & FRIDAY PM



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Registered Osteopaths & Naturopaths

HYDROTHERAPY ADVICE

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Crosby, Liverpool
Merseyside,
L23 5RQ
0151-924-7238



1, Hartington Street
Barrow-in-Furness
Cumbria LA4 5SL

01229-812002

Parish Hall Annexe,
Kentsbank Road
Grange-over-Sands
Cumbria

015395-58647

Other times can be arranged as can home visits

(email jolyon_wardle@bigfoot.com)

COLD COMPRESS

The purpose of this therapy is to reduce the inflammation which is causing the pain in a particular area.

HOW IT IS DONE

1. Use a tea towel or small handkerchief depending on the size of the area to be treated.
2. Soak the cloth in water from the cold tap and wring out. Wrap this around the area and put a dry towel over the top of this.
3. **Rest** in this position for 10-15 minutes.
4. Repeat 3 times a day, mid to late morning, mid to late afternoon and mid to late evening until symptoms subside.



WRING TEA TOWEL OUT WELL UNDER A COLD WATER TAP AND PLACE ON THE AREA TO BE TREATED cover with dry towel and simmer!

HOT AND COLD PACKS

The purpose of this therapy is to improve circulation in the affected area. Following an injury, the area become inflamed, so producing pain. As a result the surrounding tissues become very congested. Alternating hot and cold on the area improves the circulation which relieves the congestion and therefore some of the pain.

HOW IT IS DONE

1. Use a face cloth, tea towel or small towel depending on the size of the area to be treated.
2. Soak the cloth in comfortably warm water and apply it to the area for approximately **three** minutes.
3. Remove and replace this with a cloth soaked in water from the cold tap and apply to the area for **one** minute.
4. Repeat three times, **finishing with the cold**
5. Repeat this procedure twice a day.

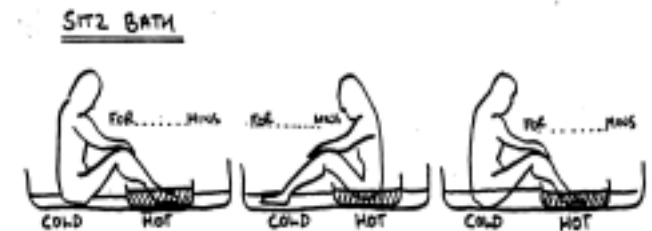
ALTERNATE HOT & COLD SHOWERS



Always finish using cold

NOTE: If using commercial cold packs - use something between pack and skin.

SITZ BATH



Use large bowl and bath - or improvise!!