

Kibworth Osteopaths & Pilates

OSTEOPATHY POST-TREATMENT ADVICE SHEET

COLD AND HEAT

START HERE

It's common to feel a little stiff or sore following your treatment. Most people describe it as the discomfort that is felt after exercise and usually lasts around 24-48 hours. It can also be common to feel tired or to have a headache after treatment.

Post-treatment advice is an important part of your recovery. Along with gentle exercises (these will be emailed to you, if you do not want to receive emails or cannot, your Osteopath will print the exercises and post them to you), advice may have been given about using cold and/or heat.

Using hot and/or cold can be helpful for your injury, and can also be a safe and effective way of reducing any post-treatment soreness.

If you experience severe or unusual symptoms after treatment, please contact the practice immediately for advice.

- If we are unavailable or you are concerned, please contact your GP or call 111.
- If your symptoms are severe, or you are having trouble breathing, then please call 999.

07761664325
info@kibworthosteopaths.co.uk
www.kibworthosteopaths.co.uk

SCAN ME!



Kibworth Osteopaths & Pilates

OSTEOPATHY POST-TREATMENT ADVICE SHEET

COLD AND HEAT

COLD PACKS

If your Osteopath has directed, you have been advised to use cold packs on your injury.

Please read the information below.

What Can I Use For Cold?
Either use a cold gel pack from the freezer or a bag of frozen vegetables. Whatever you use, please wrap the cold pack in a tea towel to protect the skin.

Where Should I Apply The Cold?
Place the cold in the area where you feel the pain, or where you have received treatment.

How Should It Be Applied?
A maximum of 10 minutes is advised, repeated 2-3 times a day, or as otherwise directed. Using a cold pack can help reduce pain and swelling; however, leaving it on for more than 10 minutes at a time can hinder your recovery.

What Should I Do If I Am Unsure?
Please call the practice if you have any concerns or questions.

07761664325
info@kibworthosteopaths.co.uk
www.kibworthosteopaths.co.uk

SCAN ME!



Kibworth Osteopaths & Pilates

OSTEOPATHY POST-TREATMENT ADVICE SHEET

COLD AND HEAT

HEAT PACKS

If your Osteopath has directed, you have been advised to use heat packs on your injury.

Please read the information below.

What Can I Use For Heat?
A hot water bottle, a warmed gel pack or a gently warmed microwaveable wheat bag. Whatever you use for heat, please follow the manufacturer's guidance, and do not overheat the product.
Heat is absorbed more effectively by the skin when applied with moisture, so use a tea towel lightly moistened with clean water and wrap it around the heat pack.

Where Should I Apply The Heat?
Place the heat in the area where you feel the pain, or where you have received treatment.

How Should It Be Applied?
A moist heat application should be used 2-3 times a day, or as otherwise directed. Leaving the heat on for longer than directed may aggravate your symptoms.

What Should I Do If I Am Unsure?
Please call the practice if you have any concerns or questions.

07761664325
info@kibworthosteopaths.co.uk
www.kibworthosteopaths.co.uk

SCAN ME!



Kibworth Osteopaths & Pilates

OSTEOPATHY POST-TREATMENT ADVICE SHEET

COLD AND HEAT

COLD AND HEAT

If your Osteopath has directed, you have been advised to use cold and heat packs on your injury.

Please read the information below.

Step 1
Apply cold to the directed area or area of discomfort or pain. Either use a cold gel pack from the freezer or a bag of frozen vegetables. Whatever you use, please wrap the cold pack in a tea towel to protect the skin, and apply it for no more than 5 minutes.

Step 2
After 5 minutes of cold, replace the cold pack with a heat pack. A hot water bottle, a warmed gel pack or a gently warmed microwaveable wheat bag works best. Whatever you use for heat, please follow the manufacturer's guidance, and do not overheat the product. Keep the heat on the affected area for up to 5 minutes, being careful not to burn the skin.

Step 3
Lastly, replace the heat with the ice pack again for a further 5 minutes.

Repeat Steps
Alternating between hot and cold in this 15-minute routine can be used 2 - 3 times a day to help reduce pain and inflammation.

What Should I Do If I Am Unsure?
Please call the practice if you have any concerns or questions.

Please do not leave either hot or cold on for longer than your Osteopath has directed, as this can irritate your skin and hinder your recovery.

07761664325
info@kibworthosteopaths.co.uk
www.kibworthosteopaths.co.uk

SCAN ME!