

HYDROTHERAPY PAIN RELIEF

“LIFE IS IN THE BLOOD”

Tissue pump

The purpose of the **tissue pump** is to **flush the blood** through the area to **induce healing** in the **inflammation process**.

1. **Rub** the area of discomfort **directly with ice** from **30 to 60 seconds**.
2. **Move and rub** the area with an **anti-inflammatory ointment** while the cold blocks the pain.
3. **Heat** the area with **moist heat** until the skin temperature is warm to the touch.
4. **Repeat** this process approximately **6 times on the hour for the first 3 to 6 hours** and as needed thereafter.

NOTE: You may use the shower to produce similar results.

Warning: Extensive lying on heat can increase the swelling and aggravate the sore tissue.

Extended periods of ice over 8 minutes can damage the tissue.