



(Extracts from the letter- by Physiotherapists Jose Baixauli and Paco Selva & Dr. Jose Nebot, Traumatología Clínica Nebot)

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EXPERIENCE WITH TREATMENT MACHINE (COLD - HEAT)



1. USE OF COLD PROGRAMME (CRYOTHERAPY)

- PATHOLOGIES
- ARTICULAR
- LIGAMENOUS LESION (6 cases, varying degrees)
- BRUISING (10 cases of traumatic arthritis)
- MENISCOPATHY (2 cases)

USE: We worked with the cold/time programme observing patterns of: T° +/- 3.5-4 $^{\circ}$ and a time of 15-20 minutes.

The results were very satisfactory although the same results were obtained with the constant cold programme.

- MUSCULAR
- FIBRE RUPTURE (2 cases in acute phase)
- MUSCULAR BRUISING (multiple cases)

USE: Very similar to the previous case although cold is felt more in the muscles so we opted to increase it by +/- 1 $^{\circ}$, keeping the times the same.

2. USE OF HEAT PROGRAMME

- PATHOLOGIES
- ARTICULAR (multiple cases requiring joint warming)
- MUSCULARES:
 - MUSCLE CONTRACTIONS (multiple)
 - BRUISING IN SUBACUTE PHASE (multiple)
 - RUPTURE OF FIBRES IN SUBACUTE PHASE (2 cases)
 - MUSCLE WARMING (multiple)

USE: We worked with temperatures of between 25 and 35°
with times which varied according to the pathology and injured area.

- Warming:
 - o Articular +/- 5 min at 30°
 - o Muscular +/- 5-10 min at 30°
- Bruising and fibre rupture +/-10-15 min at 30°

N.B.: The most successful use was in the treatment of muscle cramps.

USE: First heating phase 5 min. at 32° and second phase after massage 15-20 min at 32°

Data obtained by the Physiotherapists

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