

# COLD THERAPY & HEAT TREATMENT

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The equestrian knows when their horse is hurt and is sore at times. The areas that are often affected include the suspensory ligaments, the hocks, and the fetlocks.

SolEquine horseRAPs™ in combination with the duoPAK® (cold or heat therapy) can help your horse heal quicker with less pain.



## COLD THERAPY

It is sound principle that cold therapy and compression after a workout can decrease pain and swelling in the tendons, joints and ligaments.

It is important to understand the difference between **ice** therapy and **cold** therapy.

Ice can damage the tissues by freezing them or shutting down the circulation. Cold therapy decreases inflammation and swelling.

In the case of a traumatic injury or a surgery, cold compression will decrease bleeding.

The SolEquine line of products provides **cold** compression (cryotherapy) without the problems of the **ice** or frozen gel products.



## **HEAT TREATMENT**

Heat warms the joints or tendons, and promotes circulation, plus decreases the pain in chronic or old injuries.

The duoPAK® can be heated in a microwave to about 120\* (about 30 seconds) and is held in place with gentle compression using the horseRAP™. The heated duoPAK® provides warmth and compression for about 20 minutes.

## **Combination COLD & HEAT**

For tougher problems, try alternating cold therapy and heat treatment.

Use cold (NOT ice) therapy for about an hour. Leave the horseRAP™ in place for the gentle compression.

Then after 30-60 minutes, use the duoPAK® for heat treatment for about 20 minutes. Repeat if helpful.