

Machine Powered Cold Therapy

The decrease in inflammatory response after cold application is enhanced due to decreased tissue metabolism, which limits secondary tissue damage due to hypoxia. Cold has an analgesic effect by impairing the nerve conduction of afferent sensory input resulting in pain reduction. Early management with cold on the initial swelling and control of deleterious effects on neuromuscular function is important in minimizing recovery time from soft tissue injury.

The first 24 to 48 hours are vital; therefore the initial application of cold should be repeated every 4 to 6 hours within the first day for approximately 15 to 30 minutes remembering that joints cool more slowly than muscle and a hand held Laser Thermoscan will help to check the skin temperature daily to assess the recovery rate.

In today's modern market place there are now many products, which offer cold treatment beyond the trusty hosepipe, which has its place, but due to the human element is not very precise.

There are now machines such as the Ice Horse that produce dry cold, which is generated through a compression wrap to the legs. This machine offers simple and safe controllable cold, it is portable being either mains or battery operated and requires only ice and water to operate and can travel with the horse to events to be used either as general maintenance after work or to treat a specific problem. The dry cold system cuts the risk of water related bacteria, fungus and hoof conditions in the horse.

In use for over 30 years the Whirlpool or leg spa boots made from soft vinyl they are very robust and will offer years of use. They that can be used with cold or iced water and medication as required, to provide cold and full 360degrees aeration around the leg operated by a small quiet generator which will drive one or two boots. The boots are portable and at a fraction of the cost of a horse spa, they are an affordable option.

These products in there own individual ways bring the healing comfort of cold to the limbs, preventing, alleviating and treating injury and pain in the horse, used early in the injury for the correct time, cold therapy has proven time to be of real benefit in the treatment of injury and discomfort.