

Hot and Cold Compresses

We will often recommend hot and cold compresses to the back of the head (cerebellum and occipital region) to help stimulate lymphatic movement. The build-up of lymphatic pressure in this area can lead to fluctuating blood pressure, headaches, earaches, and other numerous issues. This is a very useful and effective modality to “move that lymph” in the head and also throughout the rest of the body.

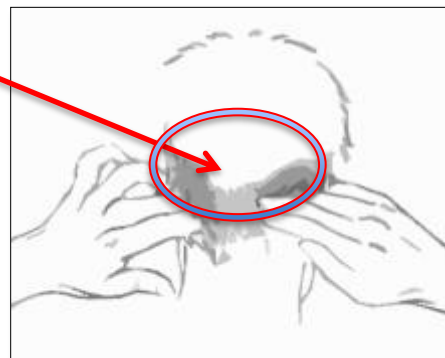


You will need:

- Cold pack(s) – more than one is ideal so that you always have a **COLD** cold pack!
- Hot pack(s) – again, more than one is ideal, or a hot pack that holds its heat well. Moist hot packs are always preferred if you can get one.
- Towels if desired.

Instructions:

- 1) Gather your materials and find a comfortable spot to sit, recline, or lay down. If you have someone to help you retrieve and change out your hot and cold packs that will make it easier for you.
- 2) **START WITH THE COLD PACK!** Apply the cold pack to the back of the head – not the neck.
- 3) Leave the cold pack on for a minimum of 5 minutes and a maximum of 10 minutes.
- 4) Switch to the hot pack and leave this pack on for a minimum of 5 minutes and maximum of 10 minutes.
- 5) Return to the cold pack and repeat the process up to 3 times, but **ALWAYS END WITH THE COLD PACK**.
- 6) Relax for a short period of time after the applications are complete. Repeat the compresses through the day as often as desired, leaving at least an hour in between sequential applications.



If hot and cold packs are not convenient, you can use your hot and cold settings on your shower instead. This may be more intense for some, so use your judgment!

Start with the coldest setting you can tolerate in your shower and apply the water at full pressure to the back of the head. Do this for one minute (or as long as you can stand it) and switch to hot water. Again, do this as warm as you can stand it, but *do not burn yourself!* Apply for one minute only and switch back to cold, repeating the process 3 times. **ALWAYS END WITH COLD WATER!**