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Rose L Smith, Therapeutic Modalities for Musculoskeletal Injuries, ed 2, Physical Therapy, Volume 87, Issue 2, 1 February 2007, Pages 232-233, ... the role of the neuromuscular system is a major focus area in the beginning of the initial evaluation of the injury. The modality continuum ends with outcome methods to validate modality usage.

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Therapeutic Modalities for Musculoskeletal Injuries

Cryotherapy. Common cold modalities include cold packs, ice massage, cold baths, vapocoolant sprays, and cold compression units. These modalities lower local tissue temperature. Physiologic effects of cold: decreases pain, blood flow, edema, inflammation, muscle spasm, and metabolic demand. 2.

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Nonpharmacological treatment strategies for acute musculoskeletal injury revolve around pain reduction and promotion of healing in order to facilitate a return to normal function and activity. Heat and cold therapy modalities are often used to facilitate this outcome despite prevalent confusion about Nonpharmacological treatment strategies for acute musculoskeletal injury revolve around pain reduction and promotion of healing in order to facilitate a return to normal function and activity.

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