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Soft Tissue Injury And Principles of Healing<https://www.slideshare.net/MarklandK/soft-tissue...>

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Wang ZR *et al.* Cold therapy for soft-tissue injuries

Zi-Ru Wang, Guo-Xin Ni

Abstract

Cold therapy has been used regularly as an immediate treatment to induce analgesia following acute soft-tissue injuries, however, a prolonged ice application has proved to delay the start of the healing and lengthen the recovery process. Hyperbaric gaseous cryotherapy, also known as neurocryostimulation, has shown the ability to overcome most of the limitations of traditional cold therapy, and meanwhile promotes the

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These **injuries** often occur during sports and exercise activities, but sometimes simple everyday activities can cause an injury. Sprains, strains, and contusions, as well as tendinitis and bursitis, are common soft-tissue injuries. With appropriate treatment, these injuries can usually be resolved.