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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

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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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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.

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