



## Vascular Flush:

A Vascular Flush is very simple and involves alternating between hot and cold. Imagine trying to remove soap from a sponge, repeatedly squishing and filling a sponge under running tap water.

A Vascular Flush is very similar, cold constricts the blood vessel and squeezes bad blood (and lactic acid) out, while heat opens the vessels and allows freshly oxygenated blood to flow back into the muscle. This process can provide at-home relief and assist in relaxing the muscles in order to more easily manipulate the area while you are here at the clinic.

Step 1: Apply gentle heat (a rice bag or hot water bottle work best, be careful that the heat source isn't too hot) to the area in question, for ten minutes.

Step 2: Apply cold (cold enough the area will become numb) to the same area, for ten minutes.

Step 3: Repeat steps one and two, twice more each.

Step 4: Finish with heat to the area to relax the muscles.

Ideally, this process should be done in the morning and again in the evening.

DO NOT use this technique if you have Diabetic Neuropathy, or have experienced local trauma that is less than three days old.