

ZAMAR SUGGESTED THERAPY (FOR INTERNAL USE ONLY*)**

SPORT ROUTINE										
	PERIOD	TREATMENT	TEMPERATURE (°C / °F)		TIME (min)	CYCLES (n°)	Type of COMPRESSION	COMPRESSION TIMING	DAILY TREATMENTS	N° of WRAPS allowed
WARM UP	before workout	HOT	40	104	10'	1	INTERMITTENT	3"	SPORT ROUTINE	up to 2
RECOVERY AFTER WORKOUT	after workout	COLD	8	46	15'	2	CONSTANT	∞	SPORT ROUTINE	up to 2
		HOT	37	99	10'					
LACTIC ACID STAGNATION	winding down	HOT	40	104	15'	2	INTERMITTENT	1½'	SPORT ROUTINE	up to 2
		COLD	10	50	10'					
FULL LEG PROTOCOLS (FULL LEG THERMAL WRAPS ONLY)										
WARM UP	before workout	HOT	40	104	15'	1	INTERMITTENT	3"	SPORT ROUTINE	up to 2x Full Leg
RECOVERY AFTER WORKOUT	after workout	COLD	14	57	20'	2	INTERMITTENT	1½'	SPORT ROUTINE	up to 2x Full Leg
		HOT	37	99	10'					
INJURIES / RECOVERY										
CONTUSIONS	1-3 days	COLD	7	45	30'	1	---	---	2/3	1
	4-7 days	COLD	8	46	10'	3	INTERMITTENT	1½'	2	1
		HOT	37	99	10'					
CONTRACTURE	1-3 days	HOT	40	104	30'	1	CONSTANT	∞	2/3	1
	4-7 days	HOT	40	104	20'	2	INTERMITTENT	2⅓'	2/3	1
		COLD	15	59	5'					
SPRAIN	1-3 days	COLD	5	41	30'	1	CONSTANT	∞	3	1
	4-7 days	COLD	7	45	25'	2	INTERMITTENT	1½'	2	1
		HOT	37	99	5'					
MUSCOLAR STRAIN	1-3 days	COLD	8	46	30'	1	CONSTANT	∞	3	1
	4-7 days	COLD	10	50	20'	2	INTERMITTENT	2⅓'	2	1
		HOT	37	99	5'					
ARTICULAR INFLAMMATION	after	COLD	7	45	20'	1	CONSTANT	∞	3	up to 2
ARTICULAR STRAIN	after	COLD	6	43	30'	1	CONSTANT	∞	2	1
HAEMATOMA	1-3 days	COLD	10	50	20'	1	---	---	3	1
	4-7 days	COLD	9	48	10'	3	INTERMITTENT	3"	2	1
		HOT	37	99	10'					

***This document is for internal use only. Therapies came out from all feedbacks ZAMAR® received during the years. ZAMAR® devices are for professional use only under prescriptions and have to be carried out only by qualified operators.

Temp° and Timing depend on the part of the body to be treated, the physical state of the patient and the type of treatment for which ZAMAR® unit is being used. Before using one of those treatment you must every time consult your practitioner/ physio.

ZAMAR® always recommend to not go under 5°/7°C in order to avoid any potential skin burns. It's better to use a higher temp° and extend the duration. In this case we shall use the device with its best heat-extraction efficiency.

All Hot/Cold treatments can be use even only in COLD. COLD is the most important phase for reducing swell and inflammations in general. Only HOT is useful for some pathology or therapy as "warm-up / contracture / lactic acid stagnation / etc... In combination with cold is perfect to restore the natural body temp° and shall prevent any risk to articular or muscular stiffness.