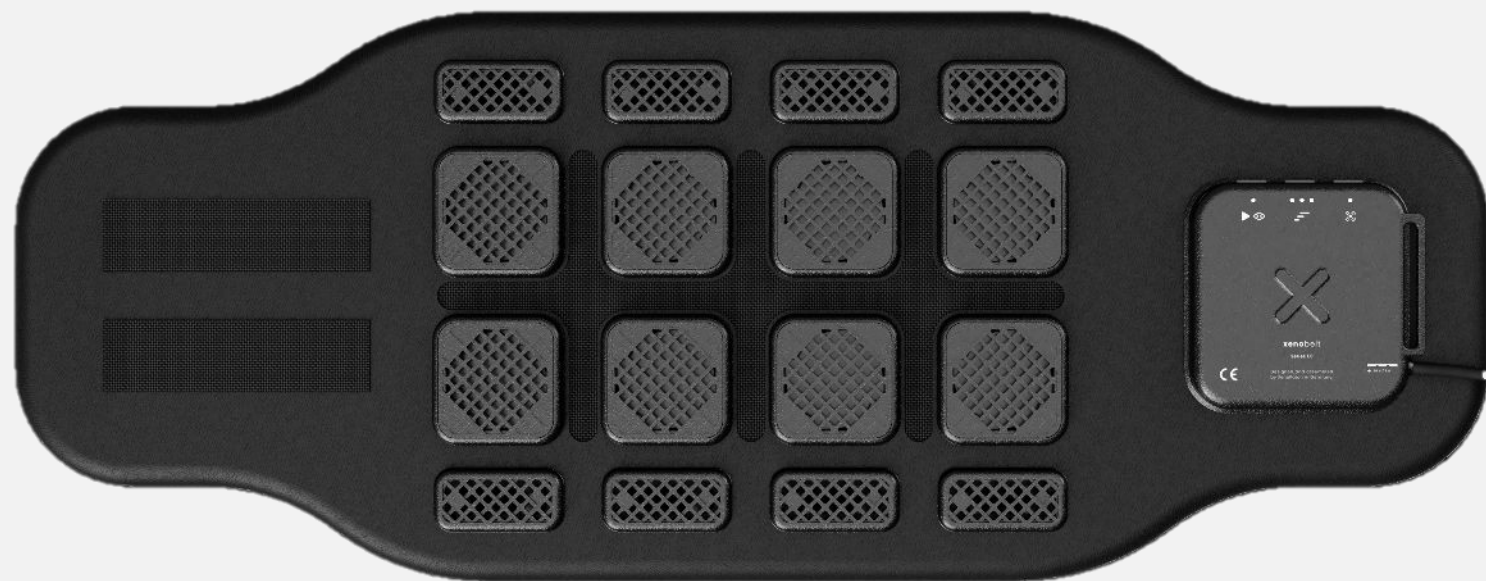




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Wärmeanwendungen

1. Effectiveness of treatments for acute and subacute mechanical non- specific low back pain: a systematic review with network meta- analysis
([10.1136/bjsports-2020-103596](https://doi.org/10.1136/bjsports-2020-103596))
2. Heat wrap therapy reduces pain and disability in early stage low back pain
([10.1016/s0004-9514\(06\)70035-6](https://doi.org/10.1016/s0004-9514(06)70035-6))
3. Passive muscle heating attenuates the decline in vascular function caused by limb disuse
([10.1113/JP281900](https://doi.org/10.1113/JP281900))
4. The Efficacy of Sustained Heat Treatment on Delayed-Onset Muscle Soreness
([10.1097/JSM.0000000000000375](https://doi.org/10.1097/JSM.0000000000000375))
5. Local Heat Applications as a Treatment of Physical and Functional Parameters in Acute and Chronic Musculoskeletal Disorders or Pain
([10.1016/j.apmr.2021.06.015](https://doi.org/10.1016/j.apmr.2021.06.015))



Kälteanwendungen



1. Effects of Cooling with Simulated Ice on Skin Temperature and Nerve Conduction Velocity ([10.1016/S0004-9514\(14\)60682-6](https://doi.org/10.1016/S0004-9514(14)60682-6))
2. Does Cryotherapy Improve Outcomes With Soft Tissue Injury? ([PMC522152](https://pubmed.ncbi.nlm.nih.gov/2522152/))
3. Does Cryotherapy Hasten Return to Participation? A Systematic Review (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC385267/pdf/atrr_39_01_0088.pdf)
4. Kryotherapie (Artikel Sportärztezeitung 03/23) (<https://sportaerztezeitung.com/rubriken/therapie/14687/kryotherapie-2/>)
5. The effects of multiple daily applications of ice to the hamstrings on biochemical measures, signs, and symptoms associated with exercise-induced muscle damage ([10.1519/JSC.0b013e31828830df](https://doi.org/10.1519/JSC.0b013e31828830df))



Kontrastanwendungen



1. Effects of alternating heat and cold stimulation using a wearable thermo-device on subjective and objective shoulder stiffness ([10.1186/s40101-021-00275-9](https://doi.org/10.1186/s40101-021-00275-9))
2. Contrast Baths, Intramuscular Hemodynamics, and Oxygenation as Monitored by Near-Infrared Spectroscopy ([10.4085/1062-6050-127-17](https://doi.org/10.4085/1062-6050-127-17))
3. A Review on Osteoarthritis Knee Management via Contrast Bath Therapy and Physical Therapy ([10.7759/cureus.27381](https://doi.org/10.7759/cureus.27381))
4. The Effects on Knee Swelling, Range of Motion and Pain using a Commercially Available Hot/Cold Contrast Device in a Rehabilitation and Sports Medicine Setting ([10.26603/001c.37367](https://doi.org/10.26603/001c.37367))
5. The effect of contrast water therapy on symptoms of delayed onset muscle soreness (<https://pubmed.ncbi.nlm.nih.gov/17685683/>)

Vibrationsanwendungen



1. Analgesic effect of vibration and cooling on pain induced by intraneural electrical stimulation ([10.1016/0304-3959\(84\)90819-4](#))
2. Vibration therapy to improve pain and function in patients with chronic low back pain: a systematic review and meta-analysis ([10.1186/s13018-023-04217-2](#))
3. Effect of low-magnitude, variable-frequency vibration therapy on pain threshold levels and mobility in adults with moderate knee osteoarthritis-randomized controlled trial ([10.1186/s12891-023-06334-9](#))
4. The analgesic effect of localized vibration: a systematic review.
Part 1: The neurophysiological basis ([10.23736/S1973-9087.22.07415-9](#))

Bereit für den Wandel? Treten Sie mit uns in Kontakt.

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