

Recovery Comparison: Start with the Outcome

A starting sheet for Contrast Hydrotherapy: Warm and Cool Water for Exercise Recovery.

- Name one outcome: soreness, function, readiness or longer-term adaptation.
- Name the timeframe and ordinary baseline.
- Choose one candidate method to examine.
- Check whether the study measured your chosen outcome in relevant people.
- Include cost, access, burden and suitability in the decision.

Goal and timeframe

Baseline and candidate

Main unanswered question

A fair comparison needs these details

Do not use a study protocol as an unsupervised treatment plan. Local hand therapy, sports recovery and whole-body immersion are different uses. New or concerning symptoms need assessment. [06-02, Article]

Check	Record
People and activity	Who was studied and what exercise they performed
Intervention	Method, body area and controlled setting
Comparator	What the other group received
Outcome	What changed, with units and time
Harms and limitations	What was reported and what was missing

My provisional decision and reason

The full Recovery Methods Comparison Workbook adds comparison of six practical approach categories. Visit avonoria.com for availability.

Source article: Contrast Hydrotherapy: Warm and Cool Water for Exercise Recovery

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.