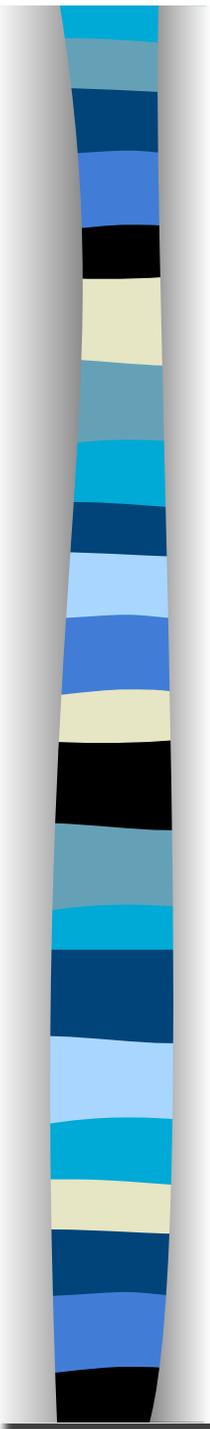
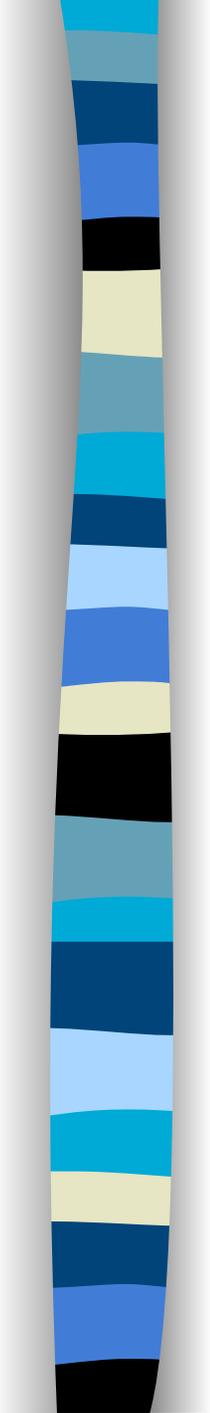


27b Hydrotherapy: Heat, Cold, and Contrast Treatments



27b Hydrotherapy: Heat, Cold, and Contrast Treatments Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



27b Hydrotherapy: Heat, Cold, and Contrast Treatments Class Reminders

Quizzes:

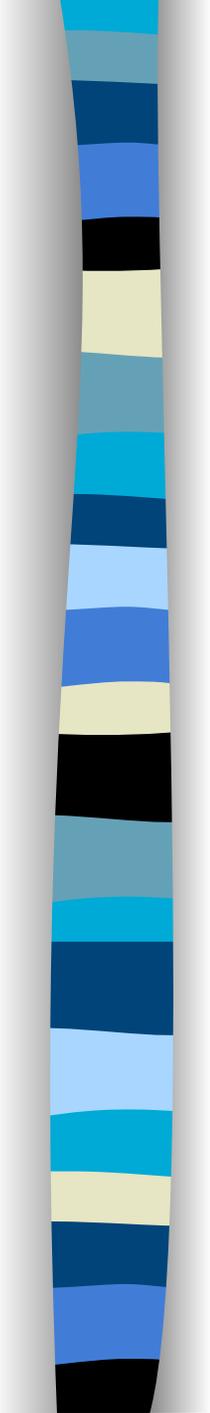
- 29b Kinesiology Quiz
 - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Written Exam Prep Quiz (20a, 20b, 21b, 22a, 23a, 24b, 29b, and 30a)
- 32a Written Exam Prep Quiz (24a, 25a, 26a, 27a, 28a, 29a, 30b, and 31b)

Assignments:

- 30a Review Questions
 - Packet A: 141-158

Preparation for upcoming classes:

- 28a A&P: Integumentary System
 - Trail Guide: serratus anterior
 - Packet E: 55-58
 - RQ Packet A: 151-152
- 28b Integration Massage: Swedish and Hydrotherapy
 - Packet F: 58, and 63-64



Classroom Rules

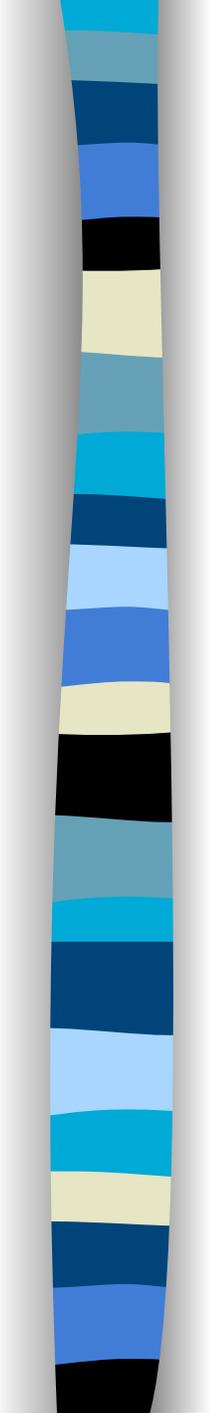
Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

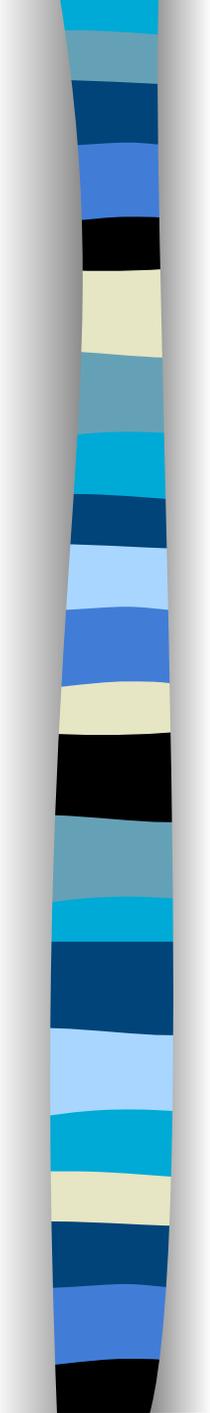


27b Hydrotherapy: Heat, Cold, and Contrast Treatments Student Supplies

Please present your materials for inspection. Without all of the supplies listed, you will have to leave and make this class up later.

Materials supplied by the student

- 3 regular-size bath towels
- 1 set of sheets and blanket
- 1 medium plastic trash bag



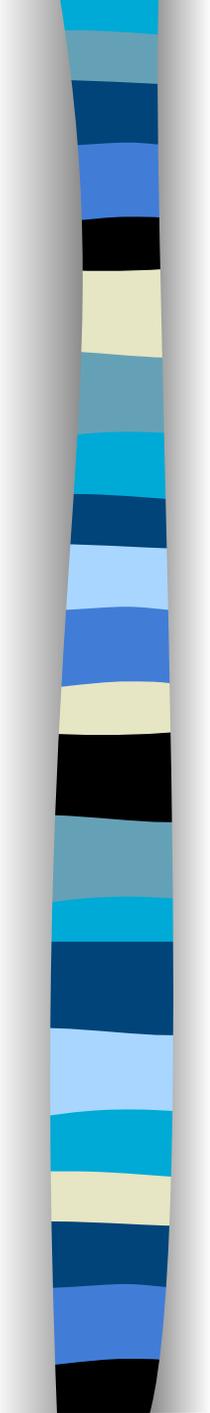
Hot Packs, Cold Packs, and Contrast Baths, page G-25

Materials supplied by the student

- 3 regular-size bath towels
- 1 set of sheets and blanket
- 1 medium plastic trash bag

Materials supplied by TLC

- Hot packs
- Cold packs
- Plastic tubs
- Hot and cold water
- Thermometers



Hot Packs, Cold Packs, and Contrast Baths, page G-25

- Students divide into 3 groups (all even-numbered if possible)

28 students (8, 10, 10) 27 students (8, 9, 10)

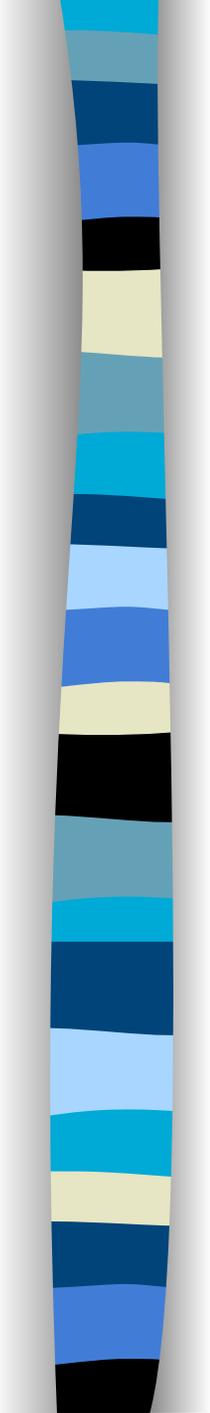
26 students (8, 8, 10) 25 students (8, 8, 9)

24 students (8, 8, 8) 23 students (7, 8, 8)

22 students (6, 8, 8) 21 students (6, 7, 8)

20 students (6, 6, 8) 19 students (6, 6, 7)

- Within each group, students find a massage partner for the class
- Odd-numbered groups will have one group of 3



Hot Packs, Cold Packs, and Contrast Baths, page G-25

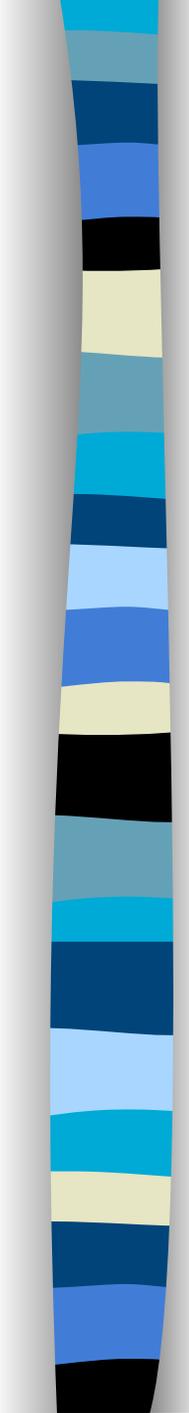
- Each of the 3 main groups will rotate through 3 hydrotherapy stations

Station 1: Hot Packs

Station 2: Cold Packs

Station 3: Contrast Baths

- Each station will last about 40 to 50 minutes



Station 1: Hot Packs

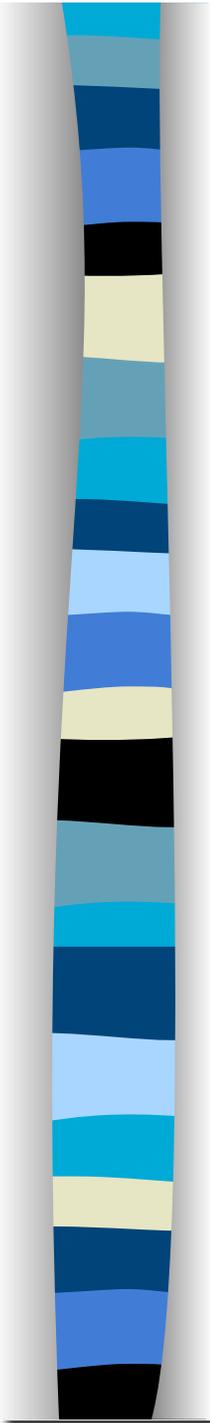
1. Put sheets on the table and do a brief interview to discover one specific area of muscle tension to treat
2. Palpate the area for temperature, color, and tension (pre-treatment assessment)
3. Prepare a towel for the area: fold it so that there are 2 or 3 layers between the hot pack and the skin
4. Holding this in your arms, go to the instructor to receive your hot pack
5. Place the folded towel and hot pack on the area and cover that with several more layers of towel to retain the heat
6. Verbally confirm that it's not too hot several times during the treatment
7. Wait 5-10 minutes (long hot treatment)
8. Return the hot pack to the instructor
9. Post-treatment assessment (see 2)
10. Massage to counteract the adverse effects of a long hot treatment

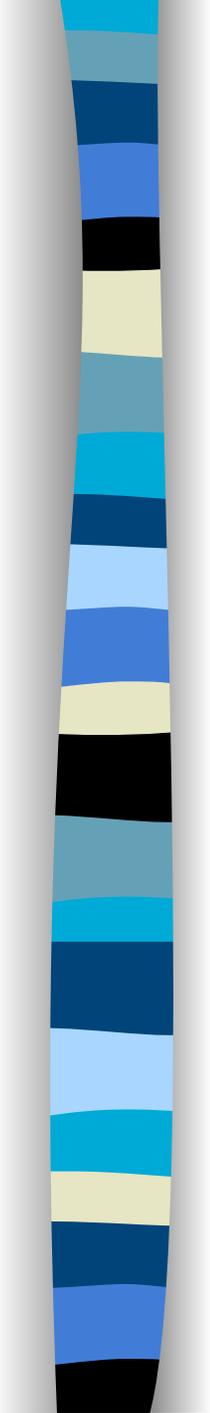
Station 2: Cold Packs

1. Put sheets on the table and do a brief interview to discover one specific area of pain or inflammation
2. Palpate the area for temperature, color, and sensitivity as reported by the client (pre-treatment assessment)
3. Prepare a damp paper towel for the area
4. Go to the instructor to receive your cold pack
5. Place it on the damp paper towel and cover that with several layers of towel to retain the cold
6. Verbally confirm that it's not too cold several times during the treatment
7. Wait 2-10 minutes (long cold treatment)
8. Return the cold pack to the instructor
9. Post-treatment assessment (see 2)

Station 3: Contrast Bath

1. Put sheets on the table and do a brief interview to discover one specific area of muscle tension to treat
2. Palpate the area for temperature, color, and tension (pre-treatment assessment)
3. Prepare a towel for the area: fold it so that there are 2 or 3 layers between the hot pack and the skin
4. Holding this in your arms, go to the instructor to receive your hot pack
5. Place the folded towel and hot pack on the area and cover that with several more layers of towel to retain the heat
6. Verbally confirm that it's not too hot several times during the treatment
7. Wait 5-10 minutes (long hot treatment)
8. Return the hot pack to the instructor
9. Post-treatment assessment (see 2)
10. Massage to counteract the adverse effects of a long hot treatment





27b Hydrotherapy: Heat, Cold, and Contrast Treatments