

24b Hydrotherapy: Theory and Technique Demo

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	Break Announce the return time and write it on the board.
5	Attendance and Breath of Arrival
60	Lecture: (Times given are approximations. Timing varies with questions) <ul style="list-style-type: none"> • G-1: 8m, G-3: 6m, G-4: 11m, G-5: 7m, G-6: 4m, G-7: 9m.
10	Break Announce the return time and write it on the board.
45	Lecture: (Times given are approximations. Timing varies with questions) <ul style="list-style-type: none"> • G-8: 4m. • G-9: 4m. • G-10: 6m. • G-11: 2m. • Optional but Encouraged: Pain-Spasm-Pain Cycle (see video time code 1:04:00 or <i>Orthopedic Massage</i> by Whitney Lowe, pages 65-67) (6m). • G-12: 4m. • G-13: 4m.
10	Break Announce the return time and write it on the board.
10	Lecture and Video demo: G: 15-16, Dry Brush Demonstration (10m). Video from class 25B- Dry Brush: 0:00 to 7:42.
10	Lecture and Video demo: G: 17-18, Cold Water Wash Demonstration (10m). Video from class 25B- Cold water wash: 7:44 to 14:53
15	Lecture and Video demo: G-19-20, Hand & Foot scrub Demonstration (15m). Video from class 25B- Hand & Foot Scrub: 14:54 to 38:51.
15	Lecture and Video demo: Work Place Examples (15m). Video from class 25B- Work Place Examples: 38:52 to 49:28
5	Break down lecture tables and chairs, clean up, and circle up
3h 15m	Total Class Time (15 minutes of flex time to use as needed)

Instructor will demo dry brushing, cold water wash and hand / foot treatment by playing corresponding video for those treatments. These videos also show real world applications in private practices and small spas. Please see time markers listed below.

Supplies for demos can be found in the locked hydro cabinet. The key is hanging in the teacher's office just as you walk in to the room on the left above the light switch.

- **For Dry Brush Demo** The dry brush can be found in the container labeled “24b” in the hydro cabinets. The used dry brush can go into the black plastic container under the table.
- **For Cold Water Wash Demo** The washcloth and small plastic washtub can be found in the hydro cabinets. The used hand towel can go into the black plastic container under the table. Used tubs need to be washed with soap, rinsed, dried and put back into the hydro cabinet. If ice is not present in demo class, just use cold water.
- **For Hand & Foot Treatment Demo-** Utilize materials found in container marked 25B Reference Video class 25B - Hand & Foot Scrub: 14:54 to 38:51. Hot towel cabby or Microwave, slow cooker, hand towels found in Hydro supply storage cabinet (When done put towels in yellow hamper).

Please Note- Towels and washcloths are for instructor use only in Hydrotherapy classes, not for any other purposes. Do not provide students with any supplies for which they are responsible.

Learning Outcomes

- **Program Level:** Understand the therapeutic use of water and its effects.
- **Course Level:** Using hydrotherapy to safely treat our clients.
- **Class Level:** Aspects, mechanisms, effects, and applications of hydrotherapy.

Class Schedule – Student Preparation

- Salvo: Pages 241-264.
- Packet G: 1-14.
- RQ- Packet A-149.

Clean up and sanitization for Class 24b & 25b:

Linens- Assistant or Instructor are to take any used, wet or tainted towels and linens and place in a yellow linen bag. That is to be placed in the large yellow hampers in what was once the student lounge.

Hot Towel Cabinet- The hot towel cabinet is to be turned off then unplugged. At that point, the wire racks that hold the wet towels should be removed, wiped dry with a dry, clean wash cloth. The interior of the towel cabinet should also be wiped dry from any excess moisture or condensation. This includes the inner aspect of the door.

Dry Brush- This should be rinsed with hot water, then shaken out to remove excess water. Then, retrieve alcohol from the yellow cabinet (key to cabinet is marked on hydro key ring) liberally pour alcohol on brush, its bristles and handle. Shake out. Then place in marked bin “Sanitized Dry Brushes” on the shelf below class supply bins in the hydro cabinet.