

## 25b Hydrotherapy: Dry Brush, Cold Water Wash, and Hand & Foot Treatment

### Lesson Plan

**Prior to B class Lesson's start have assistant collect & immerse student towels in warm/hot water and place in Hot Towel Cabby**

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"><li>• Students partner up and prepare the table as usual.</li><li>• ADDITIONALLY, each table will need the receiver's hydro supplies:<ul style="list-style-type: none"><li>• Dry brush</li><li>• Wash cloth</li><li>• 1/2 cup of ground coffee or sea salt</li><li>• Cream or lotion</li><li>• Small bowl or cup and spoon</li><li>• 3 bath towels</li><li>• 6 hand towels</li><li>• 1 set of sheets and blanket, plus 1 medium trash bag</li></ul></li></ul>
15	<b>Break</b> Announce the return time and write it on the board.
70	<b>Demo and First Trade</b> <ul style="list-style-type: none"><li>• <b>Dry brushing</b></li><li>• <b>Cold water wash</b> (for each student, TLC provides 1 small plastic washtub, ice, and cold water).</li><li>• <b>Hand &amp; Foot treatment</b></li></ul>
10	<b>Reset the tables for the next session</b>
10	<b>Break</b> Announce the return time and write it on the board.
70	<b>Demo and Second Trade</b> Refer to first trade for details.
5	<b>Tables undressed, cleaned, and put away</b>
10	<b>Circle up</b> Review the "Reminders" for upcoming classes.
3h 20m	<b>Total Class Time</b> with 10 minutes flex time

### Learning Outcomes

- **Class Level:** to understand the use of water in a therapeutic manner and its effects on the body Effects of Hydrotherapy, Hot versus Cold, homeostasis, chemical reactions and contraindications involving Hydrotherapy treatments.

## Class Schedule – Student Preparation

- Packet G: 15-19.

## Thoughts, Advice, or Warnings

- Remind students what and how many supplies will be needed for this phase of the training. Refer to Packet G-1.

## Materials, Equipment, and Supplies

- Green watering cans for hot and cold water (lower cupboards by fridge)
- **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.**

## 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.