

## 26b Hydrotherapy: Cold Water Treading, Aromatic Hot Towel 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 set up their tables</li><li>• Check hydrotherapy supplies. If any are lacking or are not able to be borrowed from a classmate (not TLC), then the student will be sent home:<ul style="list-style-type: none"><li>▪ 1 pair of flip-flops or sandals</li><li>▪ Shorts or pants rolled-up</li><li>▪ 5 hand towels</li><li>▪ Essential oil (optional)</li><li>▪ Supplies for 2 treatments from 25b</li><li>▪ 1 medium plastic trash bag</li></ul></li><li>• Instructor and assistant prepare the cold-water treading station outside (see Materials, Equipment, and Supplies below for details).</li></ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
30	<b>Cold Water Treading</b> <p>Students put on sandals / flip-flops, roll up their pants or puts on shorts, and bring 1 hand towel outside to dry off their feet and lower legs after water treading.</p>
10	<b>Short break before trade</b>
60	<b>Demo and Practice- First Trade</b> View Video of Aromatic Hot Towel and its indications & contraindications if needed. Session should include aromatic hot towel and any 2 of the following: dry brushing, cold water wash, or hand & foot treatment.
20	<b>Transition and Break</b> Announce the return time and write it on the board.
60	<b>Demo and Practice- Second Trade</b> Session should include aromatic hot towel and any 2 of the following: dry brushing, cold water wash, or hand & foot treatment.
5	<b>Tables undressed, cleaned, and put away</b>
10	<b>Circle up</b> Review the "Reminders" for upcoming classes.
3h 10m	<b>Total Class Time (plus 20 minutes of flex time to use as needed)</b>

### **Class Schedule – Student Preparation**

- Packet G: 21-24.

### **Materials, Equipment, and Supplies**

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

- **For Cold Water Treading**
  - The tubs can be found in the storage room of classroom #1. **Do not** leave the tubs outside to prevent them from being stolen. After using them, rinse them out, wipe them down, and put them back into the storage room of classroom #1. TLC bath towels can be used to dry the tubs. After use, place the TLC bath towels in the hamper.
- **For Cold Water Treading, continued**
  - Two thermometers can be found in the container labeled “26b” in the hydro cabinets. There is not a pre-set amount of ice that should be used because the amount of ice used varies with the outside temperature. Use one thermometer in each metal tub to maintain the temperatures between 55 and 65 degrees Fahrenheit. Use enough water to fill the tubs half way.
  - Set up the tubs adjacent to each other so the two participants are able to hold hands for safety and stability while entering, exiting, and treading in the tubs. The treading time can be 30 seconds to 1 minute. Treading means to walk in place lifting the feet up out of the water on each step. Participation is highly encouraged but not required when the instructor determines that there is a contraindication or acceptable consideration.
  - After exiting the tubs, the two students will don their sandals and immediately walk back and forth in the parking lot for 2 to 3 minutes. They will observe any changes occurring in their feet and ankles as well as their entire bodies as they walk.
  - This short cold treatment will stimulate circulation locally by dilating the blood vessels in an attempt to warm the area. Metabolism and tissue tone is locally increased. Inflammation is decreased.

**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.**

#### **Class 26b- Clean up and sanitization**

**Cold Water Treading-** Once this lesson is complete (or end of class) empty tubs, rinse with water, spray with alcohol spray and wipe dry. Please return them to the storage room in classroom #1. **Please make sure they are completely dry before stacking to avoid mold or bacteria build up.**

**Linens-** Assistant or Instructor are to take any used, wet or tainted towels and linens and place in 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.