

27b Hydrotherapy: Cold, and Contrast Treatments

Lesson Plan

Make sure ice treatment supplies have been prepared 24 hours in advance

<u>Minutes</u>	<u>Activity</u>
10	Transition and set up. Pair up students and split them into 2 groups. <ul style="list-style-type: none">• Check every student's 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">• 5 hand towels• 1 set of sheets and blankets, plus 1 medium trash bag
10	Break Announce the return time and write it on the board.
5	Attendance and Reminders Display the reminders slide.
20	Lecture- Follow 27b PowerPoint
15	Group A goes with their hand towel to the student lounge with and the assistant for contrast baths- 1m hot, 30 sec cold, repeat 3 times. Then switch. After 2 nd round, clean up. Group B stays in classroom and begins session planning for both trades.
15	Groups switch and repeat the process.
15	Break Announce the return time and write it on the board.
40	First Trade- integrating cold therapy
20	Transition and Break Announce the return time and write it on the board
40	Second Trade- integrating cold therapy
20	<u>Tables undressed, cleaned, put away and circle up</u>
3h 30m	Total Class Time

- **Contrast Bath Station:** Every student assigned to this station takes 1 regular-size towel and medium size plastic trash bag into the kitchen. The assistant will supervise this portion by instructing the students and managing the timing of the treatments. During this time, the assistant will ALSO review the information covered in 24b Hydrotherapy: Theory and Technique Demo (thermotherapy versus cryotherapy; intrinsic versus reactive effects; vasodilation, vasoconstriction, vasostasis; chemical factors, physical factors, thermal factors, moisture factors; contraindications for thermotherapy and cryotherapy. G: 25-28.

Please Note- Towels and washcloths are for instructor use only in Hydrotherapy classes, not for any other purposes.

Class 27b- Clean up and sanitization

Contrast Bathing- Once lesson is complete rinse basins, spray with alcohol and wipe dry. **Please make sure they are completely dry before stacking to avoid mold or bacteria build up.** Then return the basins to the Hydro storage cabinet.

Ice Massage- Once lesson is complete. Fill new paper cups with water (these can be found in the right side of the hydro storage cabinet) and place in cup holders in freezer. **DON'T FORGET TO REFILL. YOU WILL NEED THEM FOR CLASS 28.**