



## 27b Hydrotherapy: Cold and Contrast Treatments



## 27b Hydrotherapy: Cold and Contrast Treatments Class Outline

20 minutes	Set up tables and break
10 minutes	Attendance and reminders
20 minutes	Lecture cryotherapy
30 minutes	2 Groups- Contrast bath/Session planning
10 minutes	Short Break
40 minutes	1 <sup>st</sup> trade- Cold therapy massage
20 minutes	Break
40 minutes	2 <sup>nd</sup> trade- Cold therapy massage
<u>20 minutes</u>	<u>Clean up and circle up</u>
3 hours and 30 minutes total	



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### Class Reminders

#### **Quizzes:**

- 30a Kinesiology Quiz
  - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Quiz (18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b)

#### **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: 154
- 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.*



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### Student Supplies G: 25-28

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**

- 5 hand towels
- 1 set of sheets and blanket
- 1 medium plastic trash bag

#### **Materials supplied by TLC**

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



# Contrast Bath

1. Decide who will be the therapist first. All the therapists for the first round work together to prepare two tubs - one at COLD - 55-65; the other HOT - 105-110.
2. The clients will sit at the table, remove jewelry, and study pages G: 7-11.
3. Use the following revised intervals, submerging one or both hands up to the wrist. Start in hot then switch to cold: 1 minute in hot, 30 seconds in cold.
4. Repeat 3 times. Observe and experience effects of the treatment.
5. Now switch roles, the new therapists will adjust the temperatures in the tubs while the new clients study their handouts.



# Ice Massage Therapy- See Video 5:38-37:17

- Ice application is one of the most important first steps for treating acute injuries such as strains and repetitive stress injuries. It is a component of **RICE therapy** (the acronym for rest, ice application, compression, and elevation).
- As opposed to placing an ice pack on the injury (which is acceptable as well), you can make or purchase an ice cup to perform an ice massage or make your own with household items. Ice massages are a form of cryotherapy that allows you to place gentle pressure on the area of pain and inflammation



# Ice Massage Therapy

- The ice reduces both pain sensations and blood flow, while the gentle rotating movement helps mobilize the soft tissue in the same way as a regular massage.
- Ice application is one of the first things you can do upon experiencing a sports or repetitive injury. Thereafter, for the next 24 to 48 hours, an ice massage may be used in place of an ice pack. It is especially good for treating back strains, pulled calves, and other large muscle injuries.
- The ultimate aim of cryotherapy is to reduce the skin temperature by 10 F to 15 F. If used correctly, cryotherapy is both analgesic (pain-relieving) and provides rapid constriction of blood vessels with only a minimal risk of injury





# Ice Massage Therapy Cautions

- **Contraindications:** Hypersensitivity or poor tolerance to **cold**, Raynaud's disease, peripheral vascular disease, open wounds, clients with impaired sensation (neuropathy) or impaired ability to communicate (dementia or dysphasia).
- To avoid getting an ice burn, there are several precautions to take with ice therapy:
  - When applying ice directly to the skin on the back, be sure to keep the ice moving in a slow, circular motion to avoid staying in one place too long.
- Limit the ice massage to no more than five minutes at a time.



## C.B.A.N.- Communicate with your client / What to expect...

- Cold- The initial feeling your client will experience
- Burn- This should not be an uncomfortable burn
- Ache- A mild aching of the area receiving the ice therapy is normal
- Numbness- Once a client experiences this, its time stop the Ice Therapy



# How to Do an Ice Massage- See Video

1. Fill the small paper cup three-quarters of the way with water and place in the freezer until solid.
2. Peel off around an inch of the bottom of the cup, exposing the underlying ice. The remaining part of the cup is for you to hold onto.
3. Place a hand towel between the skin and the ice cup or directly to the skin if the client is not adverse to it. If they are cold sensitive do not place the ice directly on the skin.
4. Gently massage the injured area with the ice cup in a circular motion. Do not allow the ice to rest in one place. Use additional towels to collect melting ice/water, so as not to drip and cause discomfort to client.
5. Focus on massaging the soft tissues rather than bones. This is especially true with regards to the spinal column in which ice may aggravate pre-existing nerve pain.
6. As the ice begins to melt, peel off extra paper as needed. The towel underneath will absorb the excess water.
7. Limit the ice massage to no more than 5 minutes to avoid burning.
8. Repeat the ice massage two to five times daily. Allow at least 60 minutes between massages to allow the superficial skin temperature to return to normal.



# Tennis Elbow

- Lateral epicondylitis, also known as "Tennis Elbow", is the most common overuse syndrome in the elbow. It is a tendon injury involving the extensor muscles of the forearm.
- These muscles originate on the lateral epicondylar region of the distal humerus. In a lot of cases, the insertion of the extensor carpi radialis brevis is involved.



# Tennis Elbow

For optimal results, ice massage therapy should be gently applied to the medial elbow and corresponding muscles as follows: (there may be pain referral so check with your client on the areas that are experiencing pain)

1. Apply the ice gently and massage in a circular motion
2. Focus the ice massage therapy on the six-inch area of the medial elbow where the pain/soreness is felt
3. Avoid applying the ice massage directly on the bony portion of the arm/elbow
4. Limit the ice massage therapy to about 5 minutes at a time (to avoid an ice burn)



# Shin Splints

- The extreme and debilitating pain of shin splints can be felt on the front of the lower leg along the medial (inside) edge of the tibia, the larger of the two bones that make up the lower leg.
- Shin splints are usually classified as an overuse injury caused by the repetitive stress of running or jumping, which leads to inflammation of the connective tissue sheath surrounding the tibia.



# Shin Splints

For optimal results, ice massage therapy should be gently applied to the areas of pain and soreness as follows: (Check in with your client as their pain might be in multiple locations)

1. Apply the ice gently and massage in a circular motion
2. Focus the ice massage therapy where the pain/soreness is felt
3. Try to avoid applying the ice massage directly on the bony portion of the front of the leg, but this could be difficult as the muscle is usually flat and thin in the area of dysfunction.
4. Limit the ice massage therapy to about 5 minutes at a time (to avoid an ice burn)



# Sore Back Muscles

- Most episodes of lower back pain are caused by muscle strain. The large paired muscles in the low back (erector spinae) help hold up the spine, and with an injury the muscles can become inflamed and spasm, causing low back pain and significant stiffness.
- Common causes of muscle strain of the large back muscles include: a sudden movement, an awkward fall, lifting a heavy object (using the back muscles), or a sports-related injury. Any strain accompanied by a twisting motion is more likely to hurt the lower back muscles and cause pain.





# Sore Back Muscles

For optimal results, ice massage therapy should be gently applied to the lower back as follows:

1. Apply the ice gently and massage in a circular motion
2. Focus the ice massage therapy on the six-inch area of the back where the pain/soreness is felt
3. Avoid applying the ice massage directly on the bony portion of the spine (the bones that protrude along the spine)
4. Limit the ice massage therapy to about 5 minutes at a time (to avoid an ice burn)



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