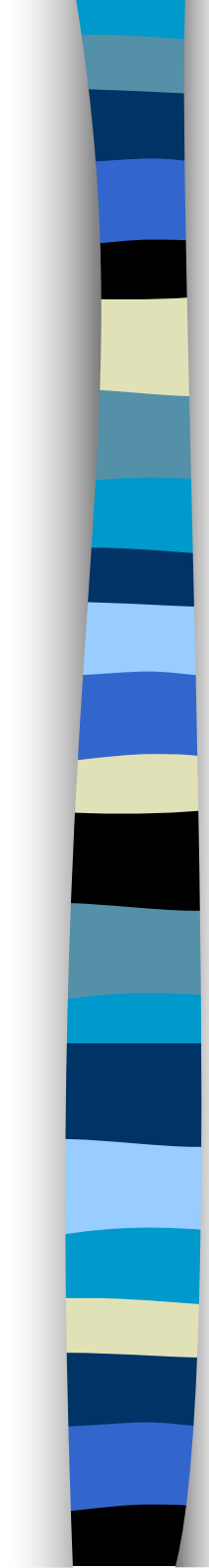
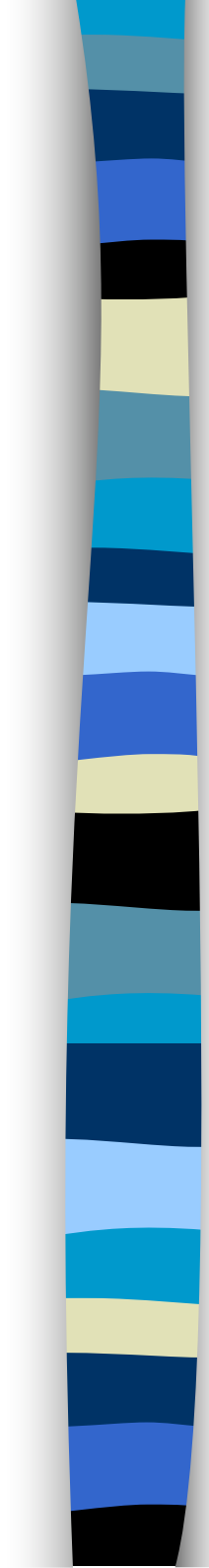


25b Hydrotherapy: Dry Brushing, Cold Water Wash, Hand & Foot Treatment



25b Hydrotherapy: Dry Brushing, Cold Water Wash, Hand & Foot Treatment Class Outline

20 minutes	Set up tables and break
10 minutes	Attendance and reminders
70 minutes	1 st trade- dry brush, cold water wash, hand & foot treatment
20 minutes	Break
70 minutes	2 nd trade- dry brush, cold water wash, hand & foot treatment
<u>20 minutes</u>	<u>Clean up and circle up</u>
3 hours and 30 minutes total	



25b Hydrotherapy: Dry Brushing, Cold Water Wash, Hand & Foot Treatment Class Reminders

Quizzes:

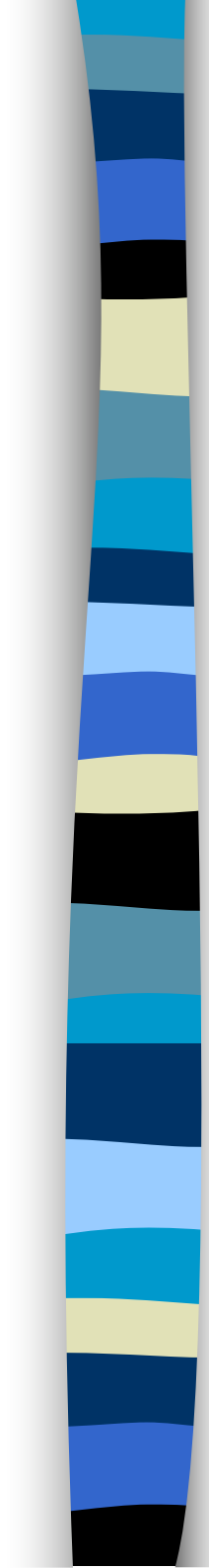
- 30a Kinesiology Quiz
 - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Quiz (20a, 20b, 21b, 22a, 23a, 24b, 29b, and 30a, 24a, 25a, 26a, 27a, 28a, 29a, 30b, and 31b)

Assignments:

- 30a Review Questions
 - Packet A: 141-158

Preparation for upcoming classes:

- 26a A&P: Muscular System - Fiber Types, Actions, and Contractions
 - Trail Guide: pectoralis minor
 - Packet E: 45-48
- 26b Hydrotherapy: Cold Water Treading, Aromatic Hot Towel Treatment
 - Packet G: 21-24



Classroom Rules

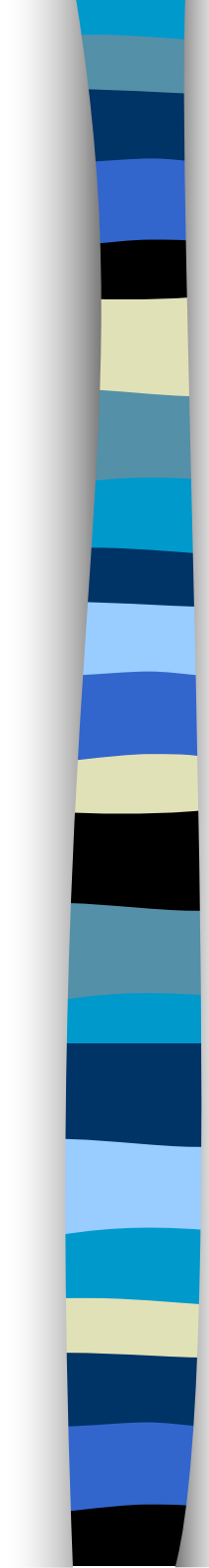
Punctuality - everybody's time is precious

- 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.



25b Hydrotherapy: Dry Brushing, Cold Water Wash, Hand & Foot Treatment Student Supplies

Please present your materials for inspection.

Without all the supplies listed, you must make alternate arrangements with your Instructor to participate.

Materials supplied by the student:

Dry brushing

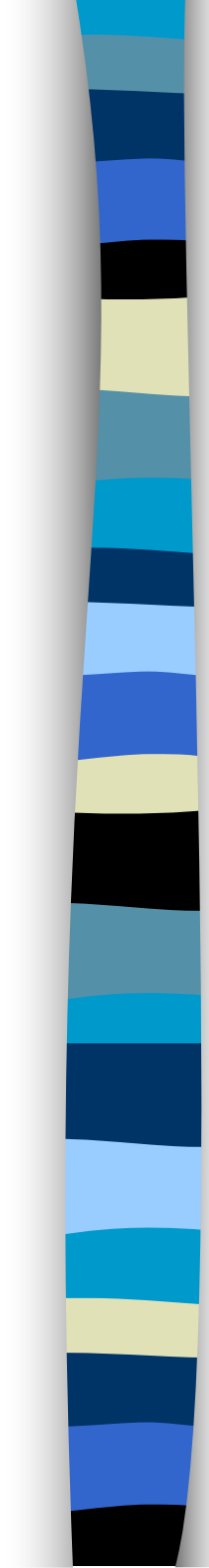
- 1 Dry brush (may be purchased at TLC)

Cold Water Wash

- 1 washcloth for the cold water wash

Hand and Foot Treatment

- Sea salt to create a scrub (4-5 spoonfuls)
- Massage cream to make the scrub
- Small cup for mixing up the scrub
- 1 bath towel to place under the legs/feet to collect the scrub
- 2 hand towels that will stay dry for collecting the scrub under each arm/hand
- 4 hand towels to place in the towel warmer to remove the scrub



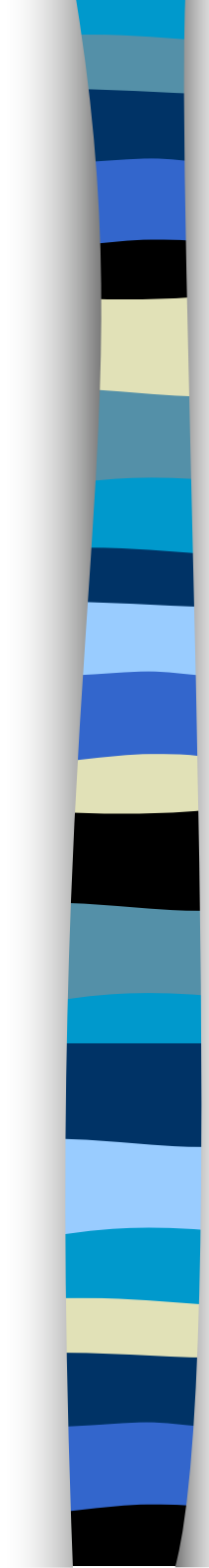
Dry Brushing (page G-15)

Materials supplied by the student

- 1 natural bristle dry brush (sold at front desk)
- 1 set of sheets and blanket

Basic information

- Removes build-up of dead skin cells on the surface.
- Stimulates lymphatic drainage.
- Improves arthritis, cellulite, hypertension, and depression.
- Same lymphatic benefit as a massage or 20 minutes jogging.
- Work distal to proximal, lateral to medial, toward the heart (centripetally), and toward the intestines.
- Avoid the face.
- Eczema, psoriasis, open or infectious skin, and varicose veins are contraindications for dry brushing.
- Daily for 5 minutes before a shower.

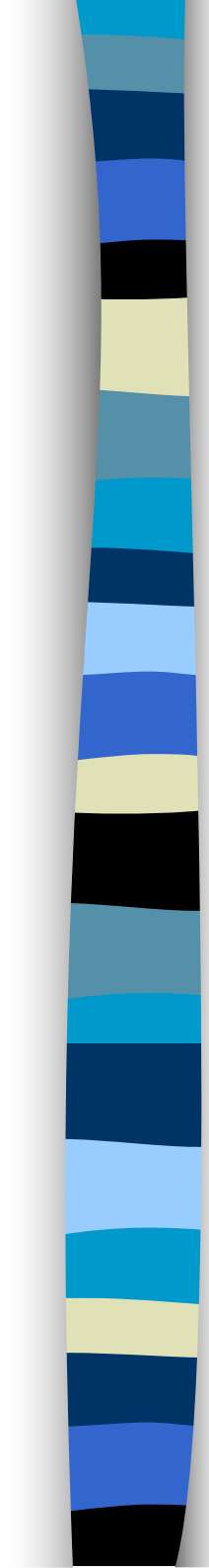


Dry Brushing, page G-15

Generally done with strokes toward the heart, but smaller circular strokes may be interspersed to fit special areas or intensify the treatment.

Occasionally you may wish to wash the brush to remove excess body oils. Detergent and water will suffice for this.

To disinfect (which you must do if to be used on another person) soak the brush for a few minutes in a 10:1 household bleach solution (10 parts water to 1 part household bleach). Then wash with detergent and water. Don't soak too long or the wooden part of the brush will be adversely affected by water.



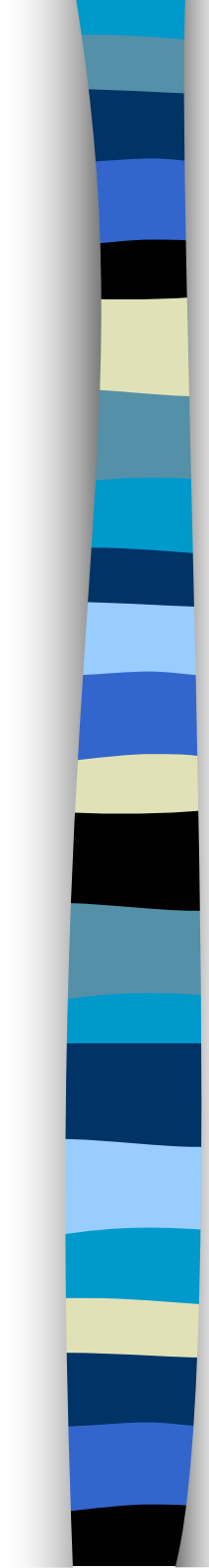
Dry Brushing, page G-16

SUPINE (drape chest before beginning)

1. Begin with the right side always
2. Do sole of foot
3. Brush dorsum of foot, lower leg, thigh; stroking towards the heart, working lateral to medial
4. Repeat on left foot and leg
5. Right hand and arm (dorsum first), stroking toward the heart, working lateral to medial
6. Left arm
7. Right, then left side of neck, stroking down and out, working lateral to medial
8. Stroke down from the clavicles to abdomen, and /or work horizontally (lateral to medial) across the chest and ribs (avoid nipples)
9. Clockwise strokes around abdomen

PRONE

1. Up back of legs, up and around gluteals (right, then left)
2. Down neck, out shoulders
3. Circle around scapulae
4. Down erector, and /or horizontal strokes, sweeping in from sides to middle, down the back



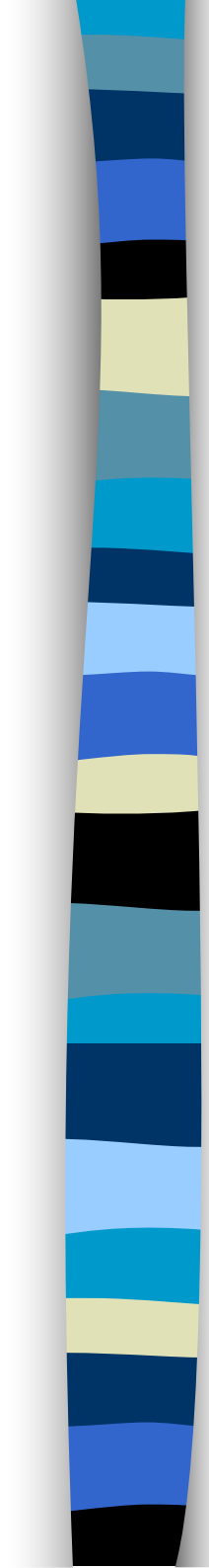
Cold Water Wash (page G-17)

Materials supplied by the student

- Wash cloth
- 1 set of sheets and blanket
- 1 medium trash bag for wet towels

Materials supplied by TLC

- Plastic tub for cold water
- Cold water for tub (55° -65 ° F)



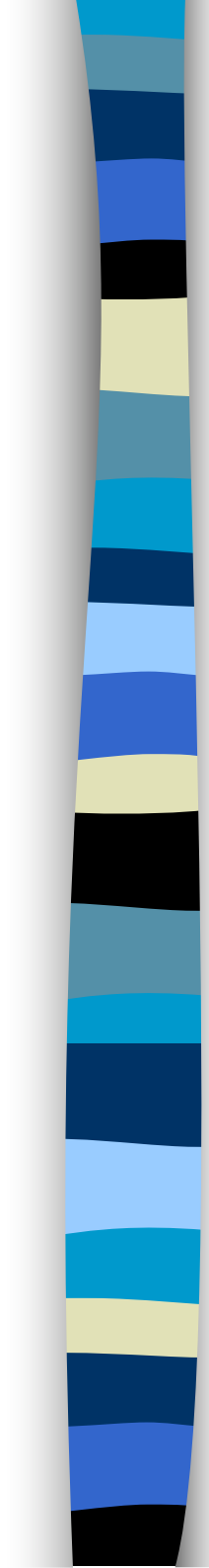
Cold Water Wash (page G-17)

Body washing is done in the early morning while still in bed. The body must be warm before washing is done. If you are doing your own body washing, you will find it nice to do it around 5 am. Then you have time to get back in bed and get warmed. The person should always be warm before the washing.

A thick washcloth is used. It is folded then immersed in cold water (55° to 65° F).

Squeeze the cloth so it is still good and wet but not dripping. It is important to wash each area quickly and cover it up immediately. After the treatment is done, wrap the person well.

After the body washing the person is not dried off but returns to bed and is covered thoroughly with blankets. The body has to work to re-warm the skin. A friction mitt may be used but has to be dipped in the water much more frequently. In those persons with sensitive skin, a small glass of vinegar may be added to the water. If one is too sensitive to cold or dislikes body washing, dry brushing may be substituted.



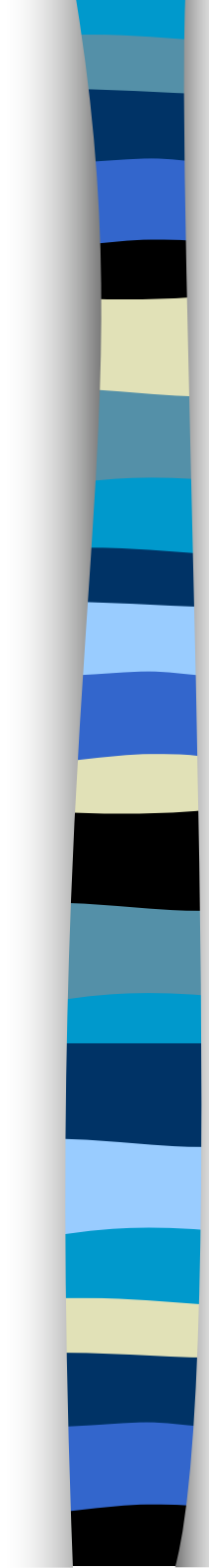
Cold Water Wash (page G-18)

PRONE

1. Right neck and back - stroke down to buttocks and back up
2. Repeat on the left side
3. Right Leg-stroke down the outside (including gluteals), down the outside, up the back, and down the inside of the leg.
4. Repeat on the left side

SUPINE (drape chest before beginning)

5. Right Leg-stroke down the outside, up the front, down the inside of the leg - take care not to be invasive.
6. Repeat on the left leg.
7. Stroke down and up the right side of the torso.
8. Repeat on the left torso.
9. Stroke around the abdomen (clockwise)
10. Right hand and arm-stroke up the dorsal surface, up the outside, and down the inside-wash 2 times in the axilla and cover quickly.
11. Repeat on left arm
12. Stroke down and out the right side of the neck.
13. Repeat on left side of neck.

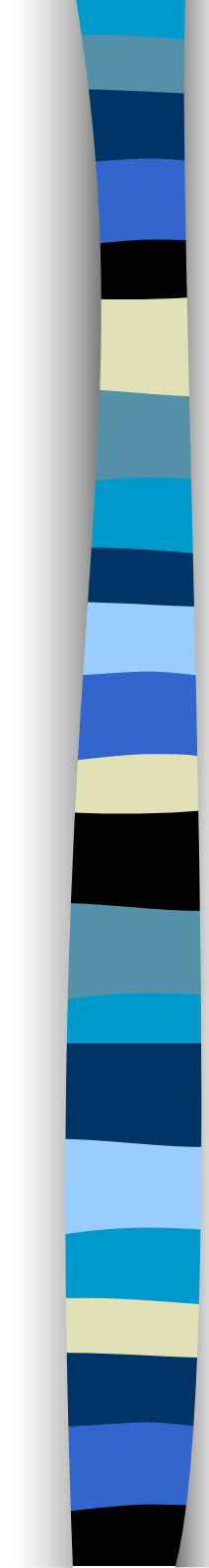


Hand & Foot Treatment (page G-19)

Supplies- supplied by student

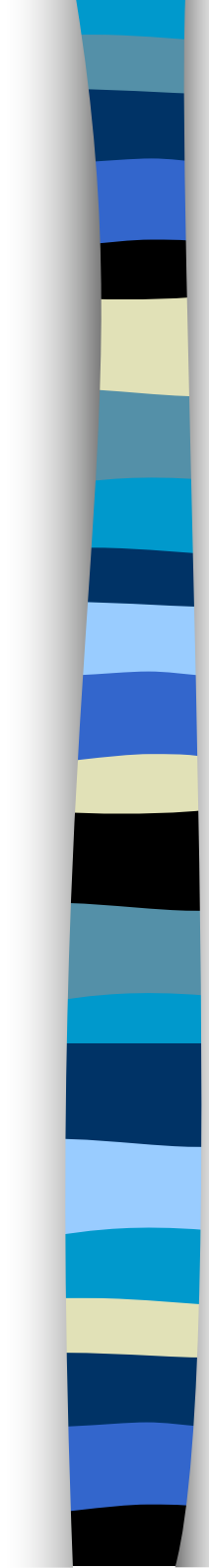
- ½ cup of ground coffee or sea salt (In a zip lock bag)
- Massage cream or lotion
- Small mixing bowl or non-breakable cup
- Spoon or utensil to mix with
- 3 bath towels
- 6 hand Towels
- 1 set of sheets and blanket
- 1 medium trash bag for wet towels

Please review Video Material on the student resource page, full class videos class 25b or on main video page in student resources.



Supine Hand Treatment (page G-19)

1. Lay hand towel under hand and arm up to the elbow
2. Apply pre-made scrub of either sugar, coffee or sea salt mixed with base cream to hand and forearm.
3. Scrub material into the skin and potential rough or dry areas to hydrate skin, while providing massage to all muscles of the hand and fingers.
4. Once application / massage is complete take hot moist towel from microwave or slow cooker, shake out briefly so as not to burn your client and fold in half long ways, then apply to forearm and hand.

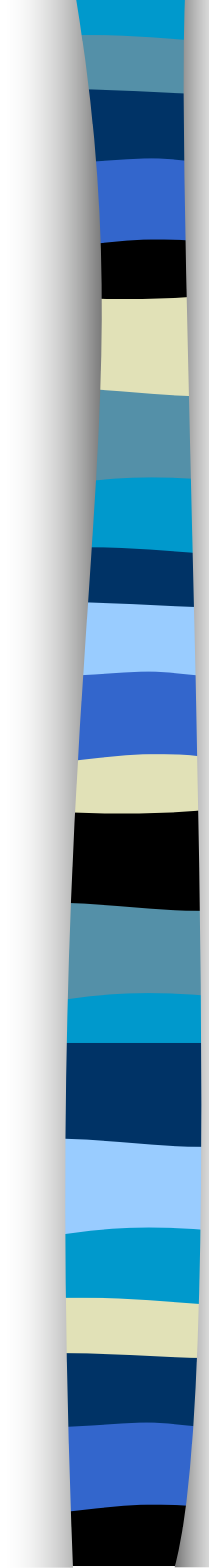


Supine Hand Treatment (page G-19)

5. In one deep stroke drag towel distally down the arm and hand to remove product from skin. Repeat until arm and hand(s) are clean.
6. Lift arm and fold the towel under the arm in half to capture remnants of scrub material and remove from massage table.
7. Cover arm(s) with sheet and blanket
8. Repeat on other side
9. Apply massage lotion, cream or oil for massage

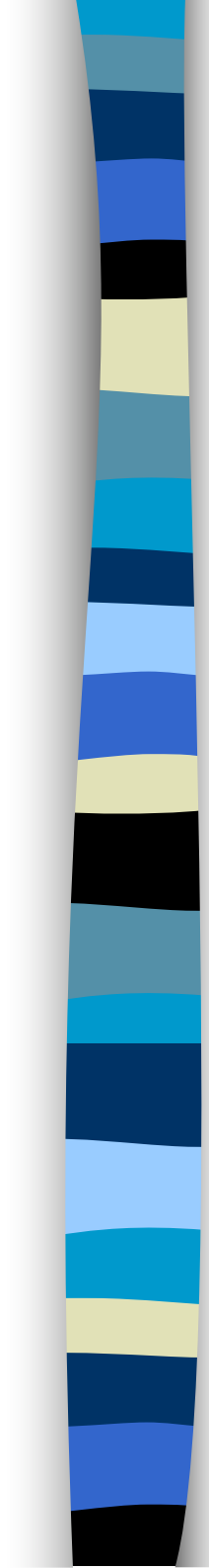
Benefits and uses:

Increased localized circulation to areas of concentration, exfoliating skin and moisturizing of the area and deep relaxation. Great add on treatment in a private practice or small spa.



Supine Foot Treatment (page G-19)

1. Lay hand towel under feet & ankles up to the calves
2. Apply pre-made scrub of either sugar, coffee or sea salt mixed with base cream to feet & lower leg.
3. Scrub material into the skin and potential rough or dry areas to hydrate skin, while providing massage to all muscles of the feet and lower leg.
4. Once application/ massage is complete take hot moist towel from microwave or slow cooker, shake out briefly so as not to burn your client and fold in half long ways, then apply to lower leg & foot.

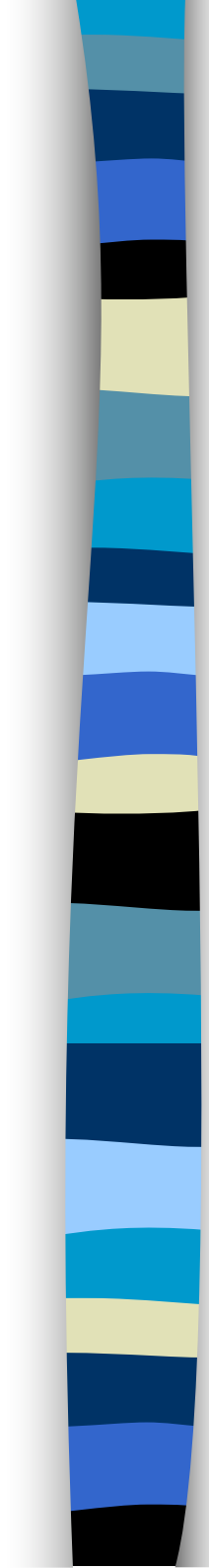


Supine Foot Treatment (page G-19)

5. In one deep stroke drag towel distally down the lower leg and feet to remove product from skin. Repeat until lower leg & feet are clean.
6. Lift foot/lower leg and fold the towel under the arm in half to capture remnants of scrub material and remove from massage table.
7. Cover lower leg & feet with sheet and blanket
8. Repeat on other side
9. Apply massage lotion, cream or oil for massage

Benefits and uses:

Increased localized circulation to areas of concentration, exfoliating skin and moisturizing of the area and deep relaxation. Great add on treatment in a private practice or small spa.



25b Hydrotherapy: Dry Brushing, Cold Water Wash, and Foot Treatment