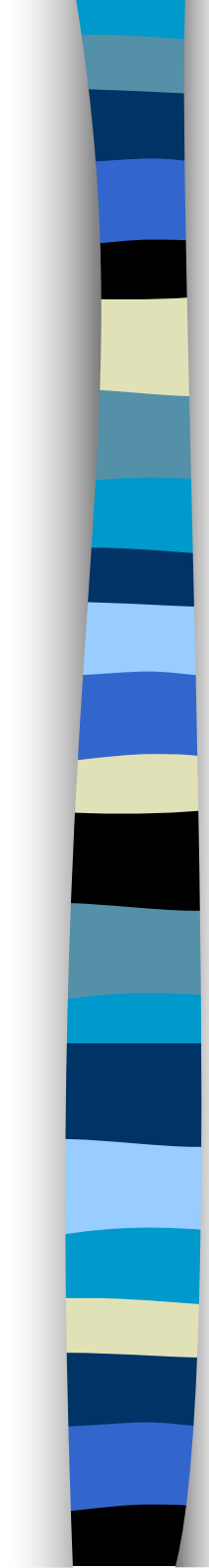
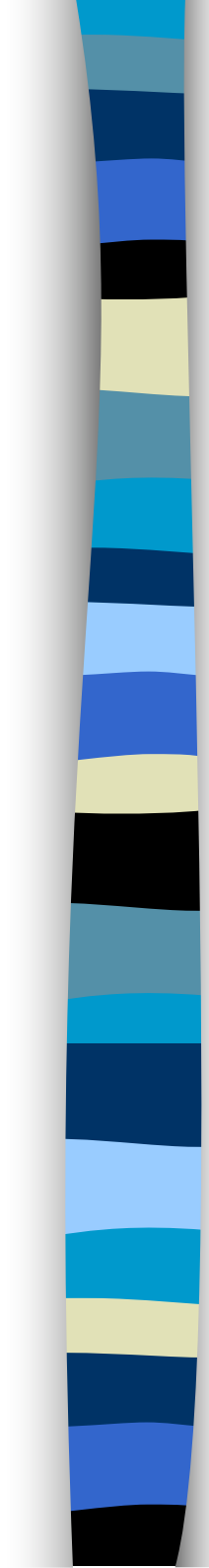


26b Hydrotherapy: Cold Water Treading, Hot Towel



26b Hydrotherapy: Cold Water Treading, Hot Towel Class Outline

20 minutes	Set up tables and break
5 minutes	Attendance and reminders
25 minutes	Cold Water treading outside
60 minutes	1 st trade- Aromatic hot towel plus 2 treatments (dry brush or cold water wash or hand & foot treatment)
20 minutes	Break
60 minutes	2 nd trade- Aromatic hot towel plus 2 treatments (dry brush or cold water wash or hand & foot treatment)
<u>20 minutes</u>	<u>Clean up and circle up</u>
3 hours and 30 minutes total	



26b Hydrotherapy: Cold Water Treading, Hot Towel Class Reminders

Quizzes:

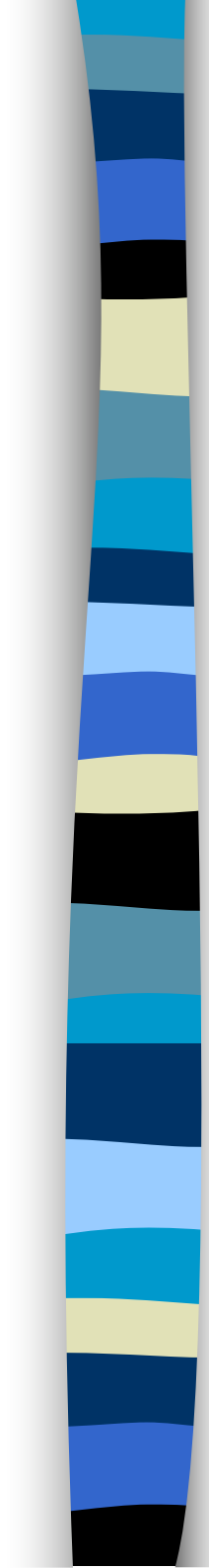
- 30a Kinesiology Quiz
 - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Quiz (18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b)

Assignments:

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

Preparation for upcoming classes:

- 27a Pathology: Musculoskeletal System
 - Packet E: 49-54
 - RQ Packet A-153
- 27b Hydrotherapy: Heat, Cold, and Contrast Treatments
 - Packet G: 25-28



Classroom Rules

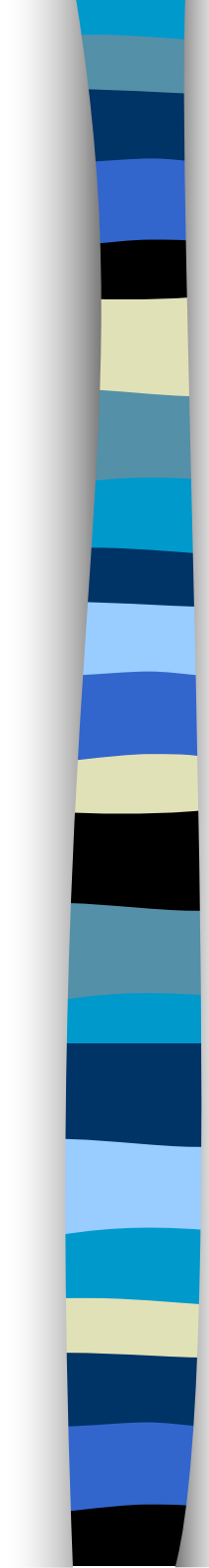
Punctuality - everybody's time is precious

- 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.



26b Hydrotherapy: Cold Water Treading, Aromatic Hot Towel 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:

Cold Water Treading

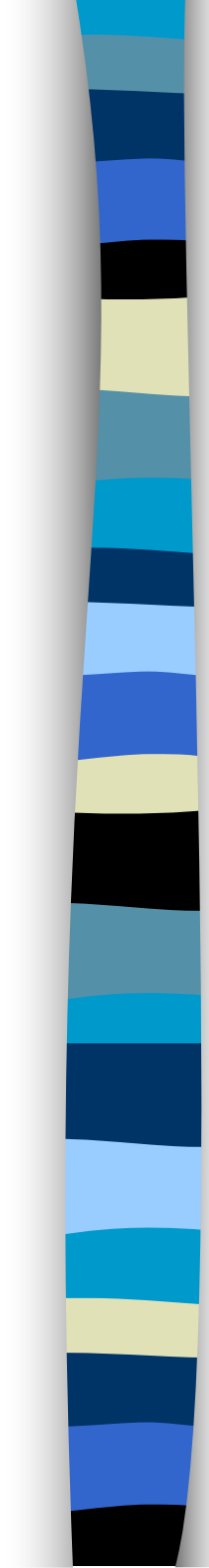
- Flip flops/ footwear to put your wet feet into after you tread water
- Shorts/ pants that you can roll up to your knee so they don't get wet
- Towel for drying legs

Hot Towel Treatment

- 2 hand towels to place in the towel warmer for the back/ neck/ face treatment

Select 1 additional treatment from the three treatments in Class 25b (see p. A-28)

- Dry Brushing
- Cold Water Wash
- Hand and Foot Treatment

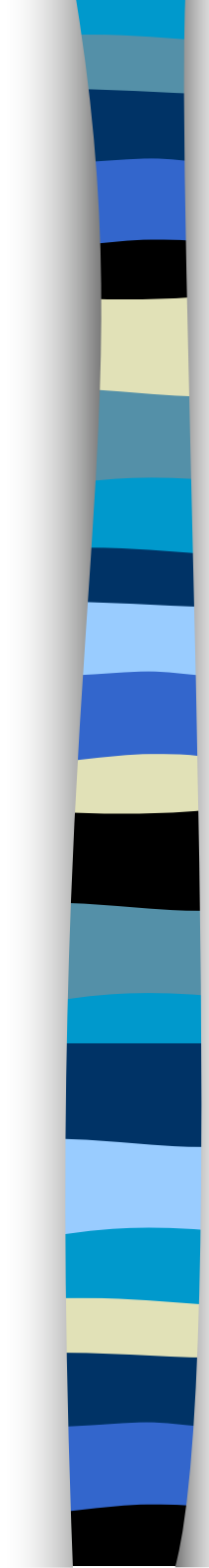


Hydrotherapy Supplies

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

- 1 pair of flip-flops or sandals that can get wet (cold water treading)
- Shorts or pants that can be rolled up (cold water treading)
- Depending on which 2 treatments you decide to repeat you will need those supplies from class 25b
- 5 hand towels
- Your choice of essential oil (Optional)
- 1 medium trash bag for wet towels



Cold Water Treading, page G-21

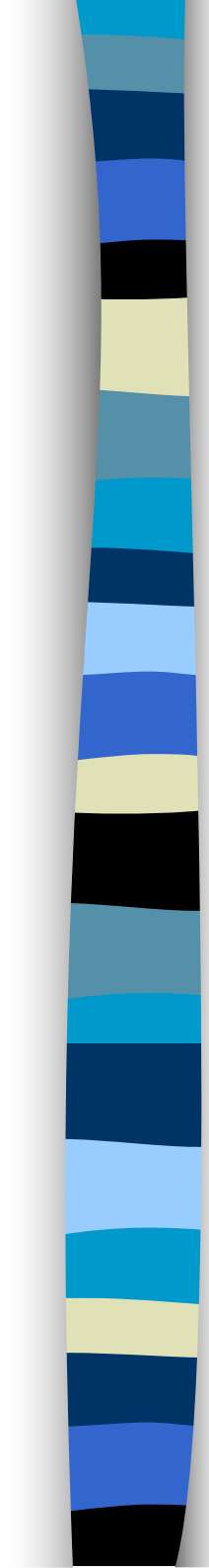
Please present your materials for inspection. Without all of the supplies listed, you will have to leave and make this class up later.

Materials supplied by the student

- 1 pair of flip-flops or sandals that can get wet
- Shorts or pants that you can roll up
- 1 hand towel

Materials supplied by TLC

- Metal tubs for water treading
- Water and ice
- Thermometer



Cold Water Treading, page G-21

Effects:

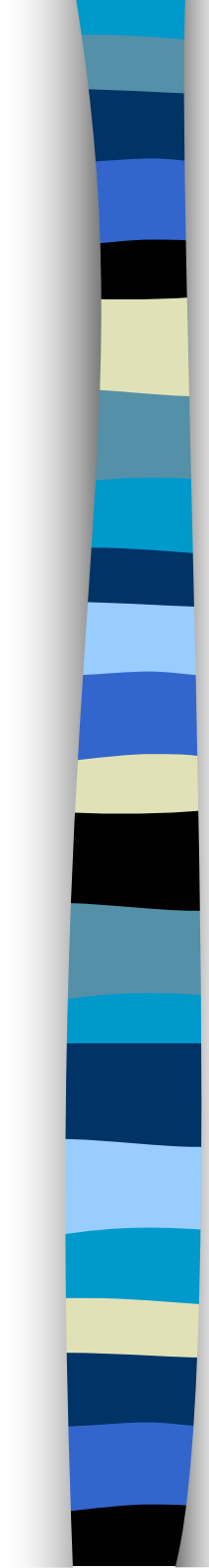
- Local stimulation of circulation by dilating the blood vessels in an attempt to warm the area
- Metabolism and tissue tone is locally increased
- Inflammation is decreased

Benefits and Uses:

Increased circulation can feel invigorating or refreshing for tired and overworked feet and ankles. This increased local circulation comes from a reaction to the cold water and from the pumping action of walking

Sympathetic nervous system stimulation due to the combination of short cold and exercise

Let's Go Outside! Bring your hand towel.



Aromatic Hot Towel Treatment, page G-22

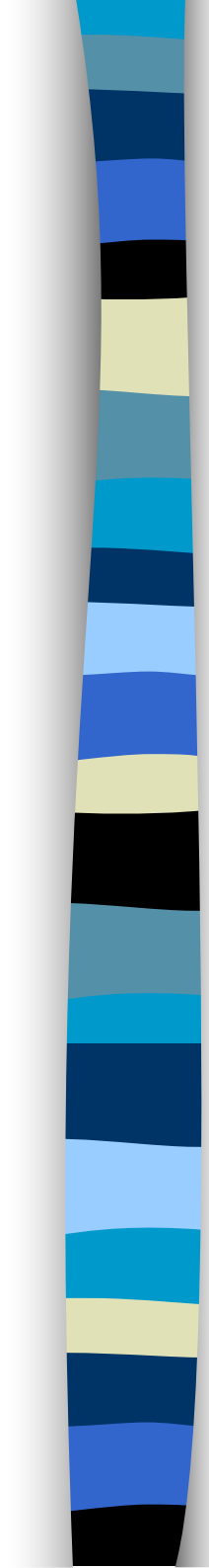
Depending on which 2 treatments you decide to repeat for this class you will need those items from class 25b (Please see pages- G-15, G-17, G-29-30)

Materials supplied by the student

- 4 Hand towels
- your choice of essential oil (Optional)

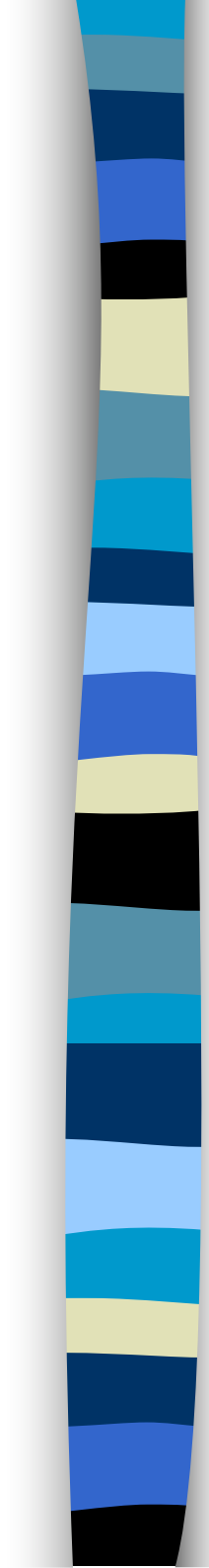
Materials supplied by TLC

- Metal tubs for water treading
- Water and ice
- Thermometer



Aromatic Hot Towel G-22

1. Prepare towels: Soak and wring out 3-4 hand towels and place them in a hot towel cabby, slow cooker or microwave Allow to get hot (But not scolding)
2. After Massage is given in a given area, back, leg or feet, uncover the area.
3. Remove hot towel from hot towel cabby, shake out briefly to lower the intense heat and so as not to burn your client and then apply to desired area.
4. Towels will cool very quickly once applied to the body so use the time wisely and apply deep compressions, lift muscle from the bone for deeper level of circulation and relaxation.
5. Use sheet and blanket to cover moist towel and re-drape the area. Pull the moist towel from under the drape without exposing the client and locking in the warm moist heat in under the drape.
6. Apply more deep compressions and rocking over the drape.



26b Hydrotherapy: Cold Water Treading, Aromatic Hot Towel Treatment