

The background of the slide is a light gray gradient. It is decorated with numerous water droplets and bubbles of various sizes, scattered across the top and right sides. The droplets have a realistic, glossy appearance with highlights and shadows, giving them a three-dimensional look. The overall aesthetic is clean and modern, with a focus on water-related imagery.

HYDROTHERAPY

INTERNAL OR EXTERNAL USE OF WATER AS A SOLID, LIQUID OR AS A GAS FOR THERAPEUTIC EFFECTS. CAN AID IN PREVENTING AND TREATING DISEASE OR PHYSICAL TRAUMA, OR TO BE USED AS PART OF SELF-CARE.

RATTRAY, CHAPTER 6, PG 67-73

SNIDAL, "HYDROTHERAPY – A TEACHING MANUAL"

WHAT ARE SOME EXAMPLES OF HYDROTHERAPY?

- HOT SPRINGS
- THERMEA
- TEN SPA
- FLOAT.CALM
- ELKHORN
- ICE
- HOT TUB
- ICE BATH
- POLAR PLUNGE
- BODY SCRUBS
- BODY WRAPS
- STEAMS
- HYDROCOLLATOR
- PARAFFIN WAX
- FOOT BATHS
- COMPRESSES
- FACIAL STEAM
- SWIMMING

HOMEOSTASIS

- A LEVEL OF BALANCE IN THE BODY. PHYSIOLOGICAL ADJUSTMENTS ARE MADE BY THE BODY TO INTERNAL AND EXTERNAL INFLUENCES TO MAINTAIN THIS BALANCE.
- THE BODY TRIES TO MAINTAIN AN INTERNAL TEMPERATURE OF 37°C.
- HOT VS COLD, WHAT ARE THE BODY'S REACTIONS?

WHY USE HYDROTHERAPY?

- ACCESSIBLE – COMMON HOUSEHOLD ITEMS
- INEXPENSIVE
- EFFECTIVE
- ADAPTABLE. EASY TO STORE, TRANSPORT, AND CHANGE THE STATE OF IT.
- **IDEAL FOR SELF-CARE.** PROMOTING THE CLIENT TO BECOME INVOLVED IN THEIR HEALTH CARE.
- SIMPLE

WHEN TO USE HYDROTHERAPY

- IN CLINICAL SETTINGS: LOCAL OR FULL BODY TREATMENTS.
- DAILY HEALTH CARE
- TO AID IN THE INFLAMMATORY PROCESS
 - MOST COMMON



HYDROTHERAPY IS A USEFUL ADJUNCT TO ANY TREATMENT. IT CAN PREPARE THE TISSUE BEFORE A TREATMENT.

- HEAT IS USED BEFORE APPLYING FASCIAL TECHNIQUES TO INCREASE THE FLEXIBILITY OF THE FASCIA.

- COLD IS USED AFTER FRICTIONS TO REDUCE THE INFLAMMATORY RESPONSE.



GENERAL USES FOR HYDROTHERAPY

- HYDROTHERAPY CAN BE A TREATMENT UNTO ITSELF OR USED IN CONJUNCTION WITH MASSAGE THERAPY, NATUROPATHIC TREATMENTS AND EXERCISE.
- ACUTE TRAUMA OR SIDE EFFECTS RELATED TO AN ACUTE TRAUMA
- FEVER ASSOCIATED WITH AN ILLNESS
- CHRONIC ILLNESS – CAN IMPROVE A CLIENT’S OVERALL RESPONSE, I.E. SWEATING, ELIMINATION, AND HELP RELIEVE CONGESTION AND HYPERTONICITY DUE TO CHRONIC TENSION
- REHABILITATION – AFTER MAJOR TRAUMA OR POST SURGERY, CAN BE USED IN CONJUNCTION WITH PHYSIOTHERAPY AND OTHER REHABILITATION MEASURES.
- DAILY HEALTH CARE – REGULAR USE CAN STIMULATE AND HELP REGULATE THE AUTONOMICNS, WHICH IS AFFECTED TO A GREAT DEGREE BY DAILY STRESSES AND IS INVOLVED IN HEALING THE BODY.
- HYDROTHERAPY CAN HELP STRENGTHEN THE IMMUNE SYSTEM AND THE RESPIRATORY SYSTEM AND NORMALIZE MUSCLE TONE.
- SLUGGISH DIGESTION/CONSTIPATION.

WHEN IS HYDRO CONTRAINDICATED? SNIDAL

- SEVERE CONGESTIVE HEART FAILURE
- HEMORRHAGE
- HIGH OR UNSTABLE BLOOD PRESSURE
- ADVANCED KIDNEY FAILURE
- LIVER DISEASE
- RECENT MISCARRIAGE
- POST MYOCARDIAL INFARCTION, CEREBRAL VASCULAR ACCIDENT, OR CARDIAC SURGERY

HYDROTHERAPY PRINCIPLES

THERMAL EFFECTS OCCUR WITH APPLICATIONS OF WATER AT TEMPERATURES ABOVE OR BELOW THAT OF THE BODY. GENERALLY, THE GREATER THE TEMPERATURE DIFFERENCE, THE MORE PRONOUNCED THE EFFECTS.

THE EFFECTS OF AN APPLICATION VARY DEPENDING IN THE TEMPERATURE AND LENGTH OF TIME APPLIED.

- A BRIEF APPLICATION OF COLD (LESS THAN 1 MINUTE) PROVOKES THE BODY TO MAINTAIN THERMAL AND CIRCULATORY EQUILIBRIUM. VASOCONSTRICTION IN THE SKIN IS FOLLOWED BY VASODILATION, CREATING A PERCEPTION OF WARMTH, HYPEREMIA, REFLEXIVITY INCREASED MUSCLE TONE AND A FEELING OF WELL BEING.
- A SHORT APPLICATION OF HEAT (LESS THAN 5 MINUTES) STIMULATES CIRCULATION, WITH LOCAL CUTANEOUS VASODILATION (DILATION OF THE VESSELS OF THE SKIN) FOLLOWED BY VASOSTASIS (ABNORMALLY SLOW MOTION OF BLOOD IN THE VEINS)
- A PROLONGED APPLICATION OF HEAT LONGER THAN 5 MINUTES CAUSES THE METABOLIC RATE TO INCREASE. THIS INCREASES THE CIRCULATORY RATE, WHICH PLACES AN EXTRA STRESS ON THE CIRCULATORY SYSTEM.

PRINCIPLES CONTINUED

- HYDROTHERAPY MAY BE USED OVER THE ENTIRE BODY OR LOCALLY. A FULL BODY APPLICATION HAS A MORE PROFOUND EFFECT THAN A SMALL, LOCAL APPLICATION.
 - A HOT FULL IMMERSION BATH HAS AN EFFECT ON THE WHOLE BODY, WHILE A HOT TOWEL APPLIED TO ONE MUSCLE AFFECTS THE LOCAL CIRCULATION.
- GENERALLY THE CLIENT SHOULD REST FOLLOWING ANY FULL BODY HYDRO FOR AT LEAST THE SAME LENGTH OF TIME THE HYDRO WAS APPLIED FOR.
- THE WEIGHT OF AN INDIVIDUAL HYDRO IS CONSIDERED BEFORE USE. THE WEIGHT OF A LARGE, HEAVY ICE PACK MAY PAINFULLY COMPRESS AN INFLAMED BURSA WHEREAS A THINNER LIGHTER ONE MAY BE MORE TOLERABLE.

HEAT

- **EFFECTS OF HEAT**

- LOCALLY THERE IS AN INCREASE IN TISSUE TEMPERATURE.
- THERE IS AN INCREASE IN LOCAL VASODILATION AND BLOOD FLOW TO THE SKIN AND MUSCLES BELOW THE HEAT SOURCE. THIS RESULTS IN AN INCREASE IN METABOLISM, OXYGEN AND NUTRIENT SUPPLY, CAPILLARY PERMEABILITY AND AN INCREASE IN SWEAT PRODUCTION. EX. A TWOFOLD INCREASE IN BLOOD FLOW WAS NOTED AFTER A 30 MINUTE APPLICATION TO THE FOREARM, THIS PERSISTED FOR APPROXIMATELY 1 HOUR.
- PAIN PERCEPTION IS DECREASED AS A RESULT OF A DECREASE IN NERVE CONDUCTION VELOCITY
- MUSCLE TONE AND SPASM ARE ALSO DECREASED, BECAUSE HEATING MUSCLE SPINDLES CAUSES THEM TO DECREASE THEIR SENSITIVITY AND RATE OF FIRING.
- HEAT BETWEEN 42 AND 45 DEGREES CELSIUS INCREASES THE EXTENSIBILITY OF COLLAGEN TISSUE, MAKING JOINTS AND MUSCLES MORE FLEXIBLE WITH STRETCHING
- THERE IS A REFLEX INCREASE IN BLOOD FLOW IN THE CONTRALATERAL LIMB
- ANOTHER REFLEX EFFECT WITH HEAT APPLIED TO THE ABDOMEN IS DECREASED GASTROINTESTINAL MOTILITY AND GASTRIC ACID PRODUCTION.
- A GREATER SENSE OF SEDATION AND RELAXATION OCCURS WITH HEAT APPLICATIONS

- **SPECIFIC HEAT APPLICATIONS**

- THE THERAPIST SHOULD MAKE SURE THAT THE SKIN IS NOT HYPER- OR HYPOSENSITIVE TO HEAT, THAT THE APPLICATION IS NOT SO HOT AS TO BURN THE CLIENT, AND ALSO THAT THE HYDROTHERAPY IS NOT APPLIED FOR PROLONGED PERIODS.
- THERMOPHORE – AN ELECTRIC MOIST HEAT PAD. A TOWEL IS PLACED BETWEEN THE THERMOPHORE AND THE CLIENTS SKIN. DURATION – UP TO 10 MINUTES.
- HYDROCOLLATOR – GEL FILLED CLOTH PACKS. THEY ARE KEPT IN TEMPERATURE CONTROLLED HOT WATER BETWEEN USES. WRAP IN A TOWEL BEFORE APPLICATION. DURATION OF APPLICATION IS UP TO 10 MINUTES. THE WEIGHT OF THE APPLICATION IS CONSIDERED.
- WAX (PARAFFIN) BATHS – A TEMPERATURE CONTROLLED CONTAINER CONTAINING MELTED PARAFFIN WAX. THE CLIENTS CLEAN HAND OR FOOT CAN BE DIPPED IN THE WAX 6 – 12 TIMES. ALLOWING THE WAX TO COOL BETWEEN DRIPPINGS. STRIPS OF CHEESECLOTH CAN BE DIPPED INTO THE WAX THEN APPLIED IN SEVERAL LAYERS OVER THE SKIN. ANOTHER METHOD IS TO USE A PAINT BRUSH TO APPLY THE WAX TO THE CLIENTS SKIN. ONCE THE WAX IS APPLIED IT IS COVERED IN PLASTIC WRAP THEN IN A TOWEL TO CONSERVE HEAT. THE WAX IS LEFT ON FOR UP TO 20 MINUTES.
- ARM AND FOOT BATHS – THIS IS A LOCAL IMMERSION IN WATER. IMMERSION TIMES OF UP TO 30 MINUTES ARE INDICATED.
- COMPRESSES – TOWELS OR CLOTHS ARE IMMersed IN HOT WATER, WRUNG OUT AND APPLIED TO THE CLIENTS SKIN. THE COMPRESS IS COVERED WITH AN INSULATING TOWEL.
- STEAM INHALATION – A BOWL IS FILLED WITH WATER THAT HAS BEEN BOILED. THE CLIENT SITS IN FRONT OF THE BOWL WITH A LARGE TOWEL COVERING THE HEAD AND SHOULDERS. THE CLIENT IS INSTRUCTED TO CLOSE THEIR EYES AND INHALE THE STEAM.
- FULL BODY BATHS – OFTEN GIVEN AS SELF CARE THESE MAY BE UP TO 15 MINUTES IN DURATION. TEMPERATURES ABOVE 38 DEGREES MAY BE TOO STIMULATING ESPECIALLY AT NIGHT BEFORE BED. A COOL CLOTH FOR THE FOREHEAD AND A DRINK OF WATER SHOULD BE AVAILABLE FOR THE CLIENT. AN EPSOM SALT BATH HAS UP TO 500 MILLILITERS OF EPSOM SALTS ADDED TO THE WATER.

- **EFFECTS** – HEAT IS USED WITH CHRONIC CONDITIONS, TO SOFTEN CONNECTIVE TISSUE AND AFTER TREATING TRIGGER POINTS. IT INCREASES VASODILATION, LOCAL CIRCULATION, CONTRALATERAL CIRCULATION, METABOLISM, COLLAGEN EXTENSIBILITY AND OVERALL RELAXATION. IT DECREASES PAIN, SPASM, HYPERTONICITY AND INTESTINAL ACTIVITY.

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- **CONTRAINDICATIONS** –

- ACUTE INJURY – HEAT WILL INCREASE BLEEDING AND SWELLING IF USED IN THE FIRST 48 HOURS AFTER INJURY
- CIRCULATORY PATHOLOGIES – ESPECIALLY WITH PROLONGED OR FULL BODY HEAT APPLICATIONS
- SENSORY CHANGES
- ACUTELY INFLAMED JOINTS
- ACUTE INFECTIONS
- EXISTING BURNS
- HYPERSENSITIVITY TO HEAT
- DEPENDANT LIMBS (A DANGLING POSITION MAY CAUSE EDEMA IN THE LIMB)
- HEAT APPLICATIONS CAN ALSO CAUSE BURNS IF HEAT IS LEFT ON THE TISSUE FOR TOO LONG.
- WITH MS LARGE APPLICATIONS OF HEAT ARE NOT TOLERATED WELL.

COLD

- **EFFECTS OF COLD**

- COLD APPLIED LOCALLY REDUCES THE TEMPERATURE OF THE SKIN. MUSCLE AND JOINT IT IS SUPPLIED TO. SKIN TEMPERATURE DECREASES TO A GREATER DEGREE THAN MUSCLE, HOWEVER, DEPENDING IN THE LENGTH OF TIME THE APPLICATION, MUSCLE TISSUE MAY STAY COLD FOR UP TO 45 MINUTES AFTER THE SOURCE IS REMOVED.
- COLD CAUSES LOCAL VASOCONSTRICTION, DECREASING BLOOD FLOW, THIS ALLOWS COLD TO PENETRATE DEEPER IN TO THE TISSUES. A LOWER TEMPERATURE INCREASES BLOOD VISCOSITY, REDUCING BLEEDING. WITH INJURED TISSUE THIS MEANS DECREASED INFLAMMATION, SWELLING, EDEMA AND BLEEDING. DECREASED CELL METABOLISM AND LEUKOCYTE MIGRATION AND ALSO NOTED WITH A PROLONGED APPLICATION OF COLD, FURTHER DECREASING INFLAMMATION.
- PAIN IS DECREASED BY COLD WITHER BLOCKING PAIN TRANSMISSION OR ACTING AS A COUNTERIRRITANT.
- MUSCLE SPASM IS DECREASED DUE TO REDUCED MUSCLE SPINDLE FIRING
- COLLAGEN EXTENSIBILITY IS DECREASED WITH COLD APPLICATION
- BRIEF COLD APPLICATIONS HAVE A STIMULATING EFFECT.
- IF APPLIED IN LESS THAN 2 MINUTES AFTER A DEEP BURN, COLD GIVES IMMEDIATE PAIN RELIEF, DECREASED TISSUE DAMAGE AND HASTENED HEALING.

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- **SPECIFIC COLD APPLICATIONS**

- AT FIRST COLD IS OFTEN NOT WELL TOLERATED BY THE CLIENT, HOWEVER ONCE ACCUSTOMED TO IT, CLIENTS OFTEN GET SIGNIFICANT RELIEF FROM PAIN AND SPASM.

- AN AVERAGE APPLICATION OF ICE OR A GEL PACK TO REDUCE INFLAMMATION AND PAIN IS 25 – 30 MINUTES.

- MAKE SURE THE APPLICATION IS NOT PLACED DIRECTLY ON THE SKIN OR LEFT ON SO LONG AS TO CAUSE FROSTBITE.

- COLD CAN BE USED FOLLOWING FRICTIONS AND AS SELF CARE BEFORE OR AFTER EXERCISE TO DECREASE INFLAMMATION.

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- WITH A COLD APPLICATION THE CLIENT WILL EXPERIENCE THE FOLLOWING STAGES OVER SEVERAL MINUTES

- 1) A SENSATION OF COLD

- 2) TINGLING OR ITCHING

- 3) ACHING OR BURNING

- 4) NUMBNESS OR ANALGESIA

- ICE PACKS – GEL FILLED PACKS THAT ARE KEPT IN A FREEZER. THE PACK IS WRAPPED IN A TOWEL BEFORE APPLICATION TO THE AFFECTED AREA. ANOTHER TOWEL IS USED TO INSULATE THE ICE PACK FOR 25-30 MINUTES.

- ICE MASSAGE – WATER IS FROZEN IN A PAPER OR STYROFOAM CUP. THE ICE IS RUBBED OVER THE SKIN SURFACE IN A CIRCULAR MANNER. IT IS USED FOR EITHER 5 – 10 MINUTES OR 15 – 30.

- ARM AND FOOT BATHS – LOCAL IMMERSION IN COOL OR COLD WATER. IMMERSION TIMES ARE UP TO 1 MINUTE.

- COMPRESSES – TOWELS OR CLOTHS ARE IMMERSSED IN COLD WATER, WRUNG OUT AND APPLIED TO THE CLIENT'S SKIN. COVER THE COMPRESS WITH AN INSULATING TOWEL.

- COOL WASH – USES A CLOTH THAT HAS BEEN FOLDED IN 4 AND RUN UNDER COLD WATER. USE ONE SQUARE THEN CHANGE TO ANOTHER AS THE SQUARE HEATS UP.


- HEATING COMPRESS – WILL DRAW CIRCULATION TO THE AREA USING THE BODY'S REFLEXES TO WARM UP A COLD AREA. A COLS CLOTH IS PLACED ON AN AREA AND COVERED BY A DRY CLOTH. THIS REMAINS IN PLACE UNTIL THE BODY HAS HEATED THE COLD CLOTH TO BODY TEMPERATURE.



- **EFFECTS**

- COLD IS USED WITH ACUTE CONDITIONS
- AFTER A CROSS FIBER FRICTION TECHNIQUE
- AS A BRIEF DISTRACTION WHEN TREATING TRIGGER POINTS.
- INCREASES VASOCONSTRICTION
- DECREASES LOCAL CIRCULATION, PAIN, INFLAMMATION, EDEMA, SPASM, METABOLISM AND COLLAGEN EXTENSIBILITY
- BRIEF APPLICATIONS ARE STIMULATING.

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- **CONTRAINDICATIONS**

- RAYNAUD'S DISEASE
 - OTHER CIRCULATORY INSUFFICIENCIES
 - SENSORY CHANGES (DECREASED SENSITIVITY TO TEMPERATURE)
 - COLD SENSITIVITY (COLD ALLERGY)
 - DEBILITY AND THE CLIENT FEELING CHILLED
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CONTRAST

- CONTRAST HYDROTHERAPY IS A WARM OR HOT APPLICATION FOLLOWED BY A COOL OR COLD APPLICATION. THIS CAUSES ALTERNATING VASODILATION AND VASOCONSTRICTION OF THE ARTERIOLES AND CAPILLARIES. CAUSES A MARKED INCREASE IN LOCAL CIRCULATION AND VENOUS RETURN. THIS HELPS MOVE METABOLITES, DECREASE EDEMA AND INCREASE TISSUE HEALING.
- A COMMON RATIO FOR EACH APPLICATION OF HEAT AND COLD IS 3:1 THREE MINUTES OF HOT, ONE MINUTE OF COLD. VASOCONSTRICTION HAPPENS IN 20 SECONDS SO THE COLD APPLICATION MAY BE AS BRIEF AS 30 SECONDS.
- THE GREATER THE DIFFERENCE IN TEMPERATURE BETWEEN HOT AND COLD, THE GREATER THE EFFECT ON LOCAL CIRCULATION.
- CONTRAST APPLICATIONS SHOULD ALWAYS END IN COLD.
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- **SPECIFIC CONTRAST APPLICATIONS**

- ARM AND FOOT BATHS AND COMPRESSES

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- **EFFECTS**

- CONTRAST HYDROTHERAPY IS USUALLY USED FOR TREATING SUBACUTE CONDITION, IT INCREASES LOCAL CIRCULATION.

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- **CONTRAINDICATIONS**

- ACUTE CONDITIONS

- DECREASED SKIN SENSITIVITY TO TEMP

- VASCULAR PATHOLOGIES

- CLIENT FEELING CHILLED.

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GENERAL EFFECTS

- PHYSIOLOGICAL OR REFLEXIVE
- PHYSIOLOGICAL
 - RETURNS BODY TO HOMEOSTASIS
 - **HEAT APPLICATION** – VASODILATION – INCREASE OF BLOOD FLOW TO PROMOTE MUSCLES TO RELAX
 - **COLD APPLICATION** – VASOCONSTRICTION – DECREASE BLOOD FLOW TO DECREASE PAIN
- REFLEXIVE
 - HOW DOES AN APPLICATION EFFECT ANOTHER PART OF THE BODY?

TEMPERATURE CHART (SNIDAL)

- VERY COLD

- COLD

- COOL

- TEPID

- NEUTRAL

- WARM

- HOT

- VERY HOT**

- SCALDING

- BURNING

- CELL DESTRUCTION

- 0°-9° C

- 10°-18° C

- 19°-22°C

- 23°-31°C

- 32°-35°C

- 36°-38°C

- 39°-42°C

- 43°-48°C

- 49°-56°C

- 60°C

- 72°C

- TEMP OF EXTREMITIES CAN BE AS LOW AS 26°
-27°C

- TEMP OF THE SKIN OF THE TORSO

- OPTIMAL THERAPEUTIC RESULTS

- FOR SWEATING TX'S

- BLITZ GUSS, JAPANESE BATHS 44°C

- ** SKIN TOLERANCE TO DIRECT HEAT
APPLICATION IS 44°C

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

STAGE OF HEALING AND SUGGESTED TREATMENT METHODS

(SNIDAL)

ACUTE CONDITIONS PG.19 SNIDAL

- Timeline?
- Time of trauma – 3-4 days
- Cold or hot application?
- Why?
- Analgesic effect on pain receptors
- Slows metabolism

Signs and Symptoms	Treatment	Length of Tx
<ul style="list-style-type: none">• Elevated temp• Pain or tenderness• Loss of movement• Loss of function, sensation• Swelling• Redness	<p>Short cold treatments: Cold compress</p> <p>Cryotherapy: Ice-cube massage, gel packs, ice bags</p>	<p>Up to 60 seconds; replace when warm</p> <p>Cover and leave on for 20 mins, repeat every 2-4 hours</p>

SUBACUTE CONDITIONS

- TIMELINE?
- 2-3 DAYS – 3 WEEKS
- TYPE OF TX?

Signs and Symptoms	Treatment	Length of Treatment
<ul style="list-style-type: none">• Decreased swelling• Decreased pain• Decreased redness• Increased function• Increased mobility• Noticeable bruising due to healing process	<p>Contrast Treatments</p> <ul style="list-style-type: none">• Contrast foot baths• Contrast towels• Contrast showers	<ul style="list-style-type: none">• Begin with warm application, 3-5 mins• End with cold, 10-60 seconds• 2-4 cycles• Warm app can be shorter if affected area has palpable heat• Increasing cold cycle will not produce a better reaction• Ice or gel packs are not reco'd in place of cold towel WHY?

CHRONIC CONDITIONS

- TIMELINE?
- 2-3 WEEKS- 1-2 YEARS

Signs and Symptoms	Treatment	Length of Treatment
<ul style="list-style-type: none">• Paleness• Peripheral coldness on the limbs and affected site• Decreased circulation due to muscle spasms• Possible swelling, congestion in the muscles• Tenderness, achey, “deep pain”• Decreased mobility• No inflammation, no obvious redness and/or swelling	<p>Warm Tx’s</p> <ul style="list-style-type: none">-fomentations-paraffin wax-full or partial steams, saunas-whirlpools <p>Contrast Tx’s</p> <ul style="list-style-type: none">-contrast bath/shower <p>Prolonged Cold</p> <ul style="list-style-type: none">-heating compresses <p>Cryotherapy</p> <ul style="list-style-type: none">-ice-cube massage	<p>Short warm</p> <ul style="list-style-type: none">-20 minutes-always finish with cold rinse <p>Contrast times</p> <ul style="list-style-type: none">-3-5 min warm-10-30 sec cold <p>Prolonged Cold</p> <ul style="list-style-type: none">-1-2 hours <p>Cryotherapy</p> <ul style="list-style-type: none">- Use of brief stimulus

TREATMENT VARIABLES

- BODY TYPE, AGE, GENERAL HEALTH
 - **SMALL OR THIN** – PREFER WARM TXS, CORE HEAT SOURCE IS SMALL, SO STAYS AROUND ABDOMEN MORE, EXTREMITIES ARE OFTEN COLD, BENEFIT MORE FROM **GENTLE, SHORT, COLD TXS AFTER ANY PROLONGED HEAT TX**. TXS TO FEET, HANDS, SKIN WILL GENTLY IMPROVE PERIPHERAL CIRC.
 - **LARGE, STOCKY** – DRAWN TO AND CAN HANDLE COLD TXS, REG USE OF COLD CAN STIMULATE THEIR METABOLISM AND ELIMINATION. SWEAT AND CONTRAST TXS ARE IMPORTANT TO KEEP THE SKIN FUNCTIONING PROPERLY SO THE BODY CAN ELIMINATE INTERNAL HEAT BUILD UP QUICKLY.
 - **ACTIVE/ATHLETIC (RECREATIONAL VS HIGH PERFORMANCE)** – HAVE ACTIVE CIRC SYSTEM THAT RESPOND QUICKLY TO STIMULI. EXTREME TEMP TXS ARE NOT REQ'D TO CREATE A POSITIVE EFFECT. TXS AFTER EXERCISE OR WORKOUT WOULD AID THE BODY IN ELIMINATING TOXINS.
 - **CHILDREN, ELDERLY** – TXS SHORTER IN DURATION, NO EXTREME TEMP

MOST EFFECTIVE TIME OF DAY FOR TX

- MAJORITY OF PEOPLE, BODY TEMP STARTS TO DECREASE FROM 3 PM – 2 AM
- 3AM-3PM THE BODY GOES THROUGH A REHEATING PHASE, METABOLISM INCREASES, AND PEAKS FROM 9AM-2PM
- COLD TXS – BODY BEGINS TO REHEAT IN THE EARLY AM, COLD TX CAN INCREASE THE BODY'S INTERNAL TEMP. 5-8AM
- WARM TXS- ENCOURAGE RELAXATION AND SLOW DOWN METABOLISM, MID-EVENING
- STRONG TXS- SAUNAS, SWEATING BATHS, LATE AM, EARLY AFTERNOON, TO ALLOW BODY TO RETURN TO BALANCE BEFORE SLEEP
- MILD TXS- WASHINGS, FOOTBATHS EARLY AM, OR LATE PM.