

Applying Cold- Hot Treatment

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Cold therapy

is used to decrease blood flow to an area by promoting vasoconstriction and increased blood viscosity.

These changes facilitate clotting and control bleeding.

Indications for Cold therapy

- 1- decreases tissue metabolism.
- 2- decreases inflammation and edema formation.
- 3- decreases muscles tension.

CON

- 4- reduces oxygen consumption.
- 5 - reduces fever.
- 6-has a local anesthetic effect by raising the threshold of pain receptors.

Sources of cold includes :-

1/ ice packs.

2/ ice bags.

3/ cold collars, or commercial cold packs.

4/ cooling blankets or cooling tepid sponge baths can be used, If the client's systemic temperature is elevated.

CON

- 5/ Moist cold compresses or immersion of a body part for large areas of acute inflammation or swelling.
- Cooling the extremity decreases blood flow ,pain and suppress inflammation.





Assess the skin at the site of planned application for color, sensation , wounds, or skin irritation.



Assess for circulatory impairment or neuropathy before beginning treatment.



Wrap the cold pack in a towel.



Place the cold pack on the affected area.



Use tape to secure the cold pack to the affected area.



This cold pack is properly wrapped in a towel and secured with tape.



Elastic wrap may be used to hold bulky cold packs in place.

Contraindications of cold application

1. decreased skin sensitivity to temperature .
2. The person feels chilled .
3. Impaired circulation.
4. Do not use over new wounds.

Heat application

TYPE OF HEAT APPLICATION

1- Moist Heat Application

2-Warm Compresses

2- Moist Heat:-

Forms of Moist Heat:-

- 1- immersion of a body part in a warmed solution or water .
- 2- wrapping body parts in dressings that are saturated with warmed solution.





Aquathermia pad



Use a waterproof pad to protect the client's bed and clothing.



Place the moist towel on the area being treated.



Wrap the hot, moist towel with a waterproof pad and secure.

Indications For Heat Application

- 1- promote vasodilatation.
- 2- increase capillary permeability.
- 3- increase tissue metabolism.
- 4- decrease blood viscosity.

Indications for Heat application

- 5- Reduce muscle tension.
- 6- With chronic injuries - two weeks or more and have persisted for a length of time.
- 7- Fibromyalgia.
- 8- Osteoarthritis.

Types of Heat application

1. Heating Pad.
2. Wax Baths (Paraffin Wax).
3. Full Body Baths.
4. Steam Inhalations.
- 5- immersion of a body part in a warmed solution or water .
- 6 - wrapping body parts in dressings that are saturated with warmed solution.

Types of Heat application

1. Heating Pad:

place a towel over the area to be treated, apply for up to 10 minutes checking regularly that the skin is not becoming too hot.

CON,,,,, Types of Heat application

2. Wax Baths (Paraffin Wax):

within a commercially temperature controlled unit, dip hand or foot into paraffin wax 6 to 10 times, allowing wax to cool between each dip; then place plastic bag over the hand or foot to protect surfaces from the wax; wrap in a towel to retain the heat for up to 20 minutes; peel off wax.

CON,,,,, Types of Heat application

- **3. Full Body Baths:**

keep temperature below 38 degrees to reduce a stimulating effect especially before bed; keep a cool cloth handy for the forehead and a glass of drinking water to keep you hydrated; herbal extracts, Epsom or Dead Sea Salts(1/2cup - 2 cups) can be added to the water; soak up to 20 minutes.

CON,,,,, Types of Heat application

- **4. Steam Inhalations:**

sit in front of bowl filled with water that had been brought to boiler stand at stove over pot of water - herbal extracts may also be added; cover head, shoulders and pot with a large towel; close the eyes and inhale steam for up to 10minutes; allow cool air in as needed if too hot; keep a cool cloth handy to wipe the face

CON,,,,, Types of Heat application

- 5- immersion of a body part in a warmed solution or water .
- 6- wrapping body parts in dressings that are saturated with warmed solution.

Contraindications to the use of heat application

1. The first 24 hours after traumatic injury (heat increase bleeding and swelling).
2. Active hemorrhage (heat causes vasodilatation and increase bleeding).
3. Non inflammatory edema (heat increases capillary permeability and edema).

4. Skin disorder (heat can burn or cause further damage to the skin).
5. Localized malignant tumor (heat increase cell growth and accelerate metastases).
6. Hypertension or other circulatory issues are present.