

White Dragon Therapies - Hydrotherapy Information and Disclosure

What is hydrotherapy?

Hydrotherapy is the use of water to treat a disease or to maintain health. The theory behind it is that water has many properties that give it the ability to heal:

- Water can store and carry heat and energy.
- Water can dissolve other substances, such as minerals and salts.
- Water cannot hurt you, even if you are sensitive to your surroundings.
- Water is found in different forms, such as ice, liquid, or steam. Ice may be used to cool, liquid is used in baths and compresses at varying pressures or temperatures, and steam is used in steam baths or when breathing in.
- Water can help [blood](#) flow.
- Water has a soothing, calming, and relaxing effect on people, whether in a bath, shower, spray, or compress.
- [Exercise](#) in water takes the [weight](#) off a painful joint while also providing resistance.

What is hydrotherapy used for?

People use hydrotherapy to treat many illnesses and conditions, including [acne](#); [arthritis](#); [colds](#); [depression](#); [headaches](#); [stomach problems](#); joint, muscle, and nerve problems; [sleep disorders](#); and stress. People also use it for relaxation and to maintain health.

You can also use hydrotherapy to reduce or relieve sudden or long-lasting pain.

Is hydrotherapy safe?

Hydrotherapy is generally safe if treatment is done properly. Different people may respond differently to the length and intensity of treatment. Some people may have [headaches](#), aches and pains, [sleep](#) problems, [nausea](#), chilliness, and faintness.

It is important to discuss your physical condition and medical history with your doctor or physical therapist before trying hydrotherapy.

Always tell your doctor if you are using an alternative therapy or if you are thinking about combining an alternative therapy with your conventional medical treatment. It may not be safe to forgo your conventional medical treatment and rely only on an alternative therapy.

WebMD Medical Reference from Healthwise.



Last Updated: November 14, 2014

This information is not intended to replace the advice of a doctor. Healthwise disclaims any liability for the decisions you make based on this information.

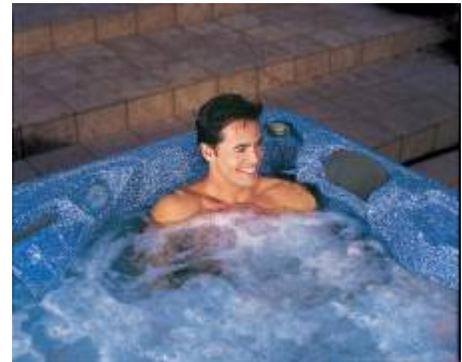
© 1995-2015 Healthwise, Incorporated. Healthwise, Healthwise for every health decision, and the Healthwise logo are trademarks of Healthwise, Incorporated.

<http://www.webmd.com/balance/stress-management/tc/hydrotherapy-topic-overview>

Soaking Safety

Soaking in your spa or hot tub is relaxing, warm and wonderful. The hot water soothes your body and [rejuvenates](#) your spirits. But that same hot water holds some potential dangers.

- Persons with heart disease, diabetes, high or low blood pressure or any serious illness, and pregnant women-indeed persons with any doubt-should not enter a spa or hot tub with out prior consultation with their doctor.
- Before entering, look at the water in your spa or hot tub. If there is [cloudiness or foaming](#), or if a "locker room" or strong chlorine smell is present, the water needs treatment. Soaking in such water greatly increases your chances of getting a skin rash (pseudomonas). Be sure to maintain the water properly. Ask your spa or hot tub professional for guidance.
- People with skin, ear, genital or other body infections, open sores or wounds should not use the spa or hot tub because of the possibility of spreading infection.
- Shower with soap and water before and after using the spa or hot tub. Showering before use washes away many of the common skin bacteria, and removes lotions, deodorants, creams, etc. Perspiration and lotions will reduce the effectiveness of the disinfectant and lesson the ability of the filter to work efficiently.
- High water temperatures can elevate your body temperature of your internal organs beyond safe limits. (It's almost like having a fever.) It is recommended that maximum water temperature never exceed 104 degrees Fahrenheit (40 degrees Celsius).
- Soaking too long makes some people nauseous, dizzy, lightheaded or faint. Don't soak for more than 15 minutes at one sitting in 104 degrees Fahrenheit (40 degrees Celsius) water. If you wish to soak for a longer period of time in high temperatures, leave the spa or hot tub after 15 minutes, shower, cool down and then return for another brief stay. In lower temperatures (e.g., 98.6 degrees - normal body temperature), most people can comfortably and safely soak for longer periods at one sitting. If you have any questions about what's right for you and your family, consult with your doctor.
- Never use the spa or hot tub when you're alone.
- Never use a spa or hot tub while or after using alcohol. Alcohol acts to expand your blood vessels and increase your body temperature- much like soaking in hot water does. Alcohol in your bloodstream and soaking at the same time creates a combined effect that can be damaging. The body temperature may accelerate to dangerous levels quickly. The alcohol may cause nausea, dizziness or lightheadedness. The ultimate danger of combined alcohol consumption and hot water soaking is drowning due to loss of consciousness, heart attack or injury due to passing out and falling.
- As with alcohol, the combined use of certain prescribed medicines and hot water soaking can be dangerous. Never use a spa or hot tub while or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise or lower blood pressure. With any drug or medication, consult with your doctor about potential harmful effects from combined use of the drug and hot water soaking. Never use a spa or hot tub if you are under the influence of drugs.



- It is best not to soak immediately after eating a heavy meal.
- Keep an accurate thermometer in the spa or hot tub at all times to monitor the water temperature. Be sure you check the water temperature before and while in the spa or hot tub.
- Do not try to adjust or touch equipment such as [pumps](#), [heaters](#) or electrical appliances while you are in the spa or hot tub, or while standing in water, unless designed as such and recommended by the manufacturer.
- Enter the spa or hot tub slowly and cautiously. Be careful of your footing, and allow your body to gradually get used to the water temperature. Leave slowly as well, because your leg muscles may be sufficiently relaxed to make you a bit unsteady, and you may become lightheaded.
- Never allow children to use the spa or hot tub unsupervised. Children enjoy playing in water and may not understand the risk involved in too much exposure. Discretion is advised in allowing children to use spas and hot tubs at all, since their young bodies may not adjust well to the high temperatures. If in doubt, check with your doctor.
- If young children will be using your spa or hot tub, explain to them that they cannot under any circumstances dive or jump into it. While a spa or hot tub may seem large and deep to a child, it is not designed for jumping, diving or underwater swimming.

http://www.ezhottubs.com/news/spa_guidelines.htm

General Contraindications/Cautions: *Please consult the referring physician whenever uncertain about any condition or response.*

1. **Cancer** – Caution is advised when treating clients with cancer. It is best to work with the consent of a physician. Some physicians may not be aware of the effects of hydrotherapy.
2. **Hemorrhage**– Caution is advised when treating a client who has a tendency to hemorrhage. Applications of heat and cold which cause vasodilation increase the possibility of hemorrhage.
3. **Decreased Sensation**– Any condition in which the client has a decrease in sensitivity of the skin Hydrotherapy is contraindicated as they may not be able to feel if the skin is too cold or hot.
4. **Weakness** -Hydrotherapy may be contraindicated in a client that is weak as a treatment may make the weakness worse.
5. **Skin lesions**– Applications are contraindicated in the case of broken skin or other skin irritation that may be exacerbated by hot or cold.
6. **Skin lesions** such as pustules, papules, blisters that are infected may rupture due to increased vasodilation and are contraindicated.
7. **Pregnancy** – Full body hot applications to a pregnant woman are contraindicated as they may be associated with an increased incidence of birth defects. This contraindicated the use of hot tubs and other steady- temperature hot full body baths as well as local applications of heat to the abdomen.
8. **Tuberculosis** – Full body hot baths may spread tuberculosis and is contraindicated.
9. **Anemia**– Full body application of heat increases cellular demands for oxygen that cannot be supplied if the client is anemic.
10. **Diabetes Mellitus** – Advanced diabetes, especially Type I (juvenile onset) can decrease the client's ability to sense tissue damage especially in the lower extremities.

The vascular damage caused by this disease also decreases blood flow to tissues. Heat is contraindicated in these areas. Consult the physician.

11. **Heart disease** – Heat and cold applications that increase the heart rate and force of contraction are contraindicated in heart disease as it may overwork an already weakened heart.
12. **Hypertension** – Heat and cold applications that increase the heart rate are contraindicated due to the stress on the heart.
13. **Peripheral vascular disease** – Athlerosclerosis and arteriosclerosis clients may have weakened or blocked arteries. Heat applications increase tissue metabolism and demand for oxygen making heat applications contraindicated.
14. **Temperature** – Body temperature should not go above 104 degrees. Temperatures above this may cause tissue damage. Monitor with oral thermometer.
15. **Pulse** – Heart rate should not exceed 140 beats per minute as it may overstress the heart. Monitor with lateral anterior wrist.
16. **Post treatment rest period** – The body should be allowed to rest for at least a half hour after a full body hot application to allow the body to return to normal.
17. **Skin sensitivity** – Cold applications are contraindicated for clients who have suffered from frostbite previously or who have hypersensitivity to cold due to Raynaud's disease or other conditions such as low blood pressure.
18. **Hypothyroidism** – Cold applications are contraindicated in clients with hypothyroidism which further causes a reduction in basal metabolic rate
19. **Kidney problems** – Cold is also contraindicated in kidney malfunction or disease.
20. **Inflammation** – Heat applications are contraindicated in acute conditions of inflammation such as bursitis, arthritis, tendinitis, sprains and strains.

Adverse Reactions:

1. **Headaches** – may occur as a result of dehydration or reaction to water temperature. Apply cold compresses to the head or back of neck and drink more water.
2. **Shivering** – may occur if cold treatment is applied for too long or are not followed by appropriate warming.
3. **Vertigo** – (dizziness) may occur as a result of dehydration or reaction to changes in blood pressure. Have client lay down again and get up slowly.
4. **Insomnia** – may occur after an invigorating treatment.
5. **Heart palpation** – may accompany dizziness or occur alone as a result of increased temperature of the body.
6. **Skin sensitivity** – may be ticklish
7. **Hyperventilation** – may occur if client becomes anxious about treatment or any thing else.
8. **Fainting** – may occur as a result of changes in blood pressure from treatment.
9. **Nausea** – May occur as a result of detoxification or reaction to treatment.
10. **Sensitivity to water**– skin irritation due to prolonged application of water

<http://www.massageschoolnotes.com/hydrotherapy/>

I have read and understand this hydrotherapy information and disclosure document.

Client Signature _____ Date _____