

LMT 160 : HYDROTHERAPY

Transcript title

Hydrotherapy

Credits

1

Grading mode

Standard letter grades

Total contact hours

20

Other hours

20

Prerequisites

LMT 145.

Course Description

The principles and techniques of water as it relates to a massage therapy session in its three forms; solid, liquid and vapor.

Course learning outcomes

1. Discuss the physiological effects of hydrotherapy on the human body.
2. Identify the indications, contraindications, precautions, effects and uses of hydrotherapy techniques.
3. Apply hydrotherapy treatments using hot and cold applications.
4. Describe appropriate methods of hygiene and sanitation for hydrotherapy applications and demonstrate universal sanitation precautions when using hydrotherapy.
5. Describe various hot and cold hydrotherapy techniques, such as hot or cold packs, immersion baths, paraffin, ice massage.
6. Identify the physiological principles and mechanisms involved in the effects of hydrotherapy.