



Competency

Moist Heat Set Up and Application

Student Name _____

The student will select an appropriately sized hot pack and prepare it for application to a patient, demonstrating effective positioning of the athlete to minimize athlete discomfort and maximize heat delivery to the target body tissues.

Components

Foundation—Know *why* you are applying heat to a patient

Indications:

- Subacute and chronic inflammatory conditions
- Reduction of subacute or chronic pain
- Subacute or chronic muscle spasm
- Decreased range of motion
- Hematoma resolution
- Reduction of joint contractures

Contraindications:

- Acute injuries/inflammation
- Fever
- Anesthetic areas
- Tumors or abnormal growths
- Impaired circulation
- Poor thermal regulation (very young or old)
- Athletes about to participate in a practice/game



Pre-Application

- Confirm the athlete does not have any contraindications to heat application
- Select the size/shape of the hot pack appropriate for the area to be treated
- Hot pack is placed inside a terry cloth cover and additional towels are used between the pack and patient

Application

- Patient is positioned in a manner that is comfortable for them and allows the hot pack to remain in position to effectively deliver heat to the treatment area (may include using pillows, rollers/bolsters, elastic straps, etc.)
- Monitor patient during a 20-30 minute treatment, confirming with patient the treatment area is not becoming too hot, approximately every 5-10 minutes

Post-Application

- Following a treatment, return hot pack to the hydrocollator, hang the terry cloth cover to dry (or put in laundry) and place used towels in dirty laundry bin

Maintenance

- Towels should be laundered daily
- Terry cloth covers should be laundered daily to weekly (dependent on degree of use)
- Hydrocollator water temperature should be checked daily and maintained at 160-166° F
- Hydrocollator water should be replaced and the hydrocollator cleaned approximately every 2 weeks
- A vinegar and water mixture are recommended to clean the stainless steel and remove any rust buildup
- Water should cover hot packs and not be chlorinated (purified water, not tap)

Student Notes

Mastery _____

ATC Signature _____

Date Mastered _____