

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.

- Tevel		British British	4.	
Anesthetic areas				P
Tumors or abnormal growths	Ourseles 24% 45%			*
 Impaired circulation 	Oversize 24"x15"	Spinal 10"x18"	Standard 10"x12"	
 Poor thermal regulation (very young or or 				
 Athletes about to participate in a practic 	e/game			
Pre-Application				
 Confirm the athlete does not have any 	contraindications to h	neat application		
 Select the size/shape of the hot pack approximately 	ppropriate for the are	ea to be treated		
 Hot pack is placed inside a terry cloth c 	over and additional to	owels are used	between the pa	ck and patient
Application			•	•
Patient is positioned in a manner that is	s comfortable for the	m and allows th	e hot pack to re	emain in
position to effectively deliver heat to the				
elastic straps, etc.)	o di cadimoni di ca (mo	a, molade domig	piliotto, rollero,	50.500.57
 Monitor patient during a 20-30 minute to 	treatment confirming	with natient th	e treatment are	ea is not
becoming too hot, approximately every		y with patient ti	ic dedition are	20 13 110C
Post-Application	J 10 minutes			
• •	to the hydrocollator	hang the term	cloth cover to d	ny (or nut in
 Following a treatment, return hot pack 	•	nang the terry	ciotii covei to u	ry (or put iii
laundry) and place used towels in dirty	launary bin			
Maintenance				
 Towels should be laundered daily 				
 Terry cloth covers should be laundered 				
 Hydrocollator water temperature should 				
 Hydrocollator water should be replaced 	and the hydrocollato	or cleaned appro	ximately every	2 weeks
 A vinegar and water mixture are recom 	mended to clean the	stainless steel a	and remove any	rust buildup
 Water should cover hot packs and not be 	chlorinated (purific	ed water, not ta	p)	
Student Notes				
Mastery				
ATC Signa	ture		Date Ma	stered

Components Foundation–Know why you are applying heat to Indications: Subacute and chronic inflammatory condition 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/ga	Oversize 24"x15"	Spinal 10"x18"	Spinal Contour 24" Half Pack 5"x12 Standard 10"x12"
Pre-Application	inc		
 Confirm the athlete does not have any consistence. Hot pack is placed inside a terry cloth cover Application. Patient is positioned in a manner that is consposition to effectively deliver heat to the translation of the elastic straps, etc.). Monitor patient during a 20-30 minute treast becoming too hot, approximately every 5-1. Post-Application. Following a treatment, return hot pack to the laundry and place used towels in dirty laur. Maintenance. Towels should be laundered daily. Terry cloth covers should be laundered dail. Hydrocollator water temperature should be should be replaced and any and any water should be replaced and any water should cover hot packs and not be considered. 	opriate for the are or and additional to mfortable for ther eatment area (matter), the hydrocollator, andry bin ly to weekly (depose the checked daily and the hydrocollator) anded to clean the	a to be treated owels are used and allows the sy include using with patient the hang the terry of the dendent on degree definition and allows the terry of the te	e hot pack to remain in pillows, rollers/bolsters, he treatment area is not cloth cover to dry (or put in ee of use) 160-166° Foximately every 2 weeks and remove any rust buildup
Student Notes			
MasteryATC Signature			Date Mastered