A decorative vertical bar on the left side of the slide, featuring a gradient from light to dark orange. It is adorned with several orange circles of varying sizes, some overlapping the bar and others floating to its right.

REHAB

PROCEDURES

HS2

OBJECTIVES

- 4.2. Explore the field of rehabilitative services.
- b. Describe basic rehabilitative concepts and procedures:
application of heat and cold, audiometer testing



HEAT THERAPY VS COLD THERAPY





HEAT THERAPY

- Heat is applied to promote relaxation and ease pain
- Local applications of heat increases blood flow to that area of the body and causes vasodilation
- Heat therapy treatment is only applied for 15-20 minutes at a time



HEAT THERAPY

- **Vasodilation** allows more oxygen & nutrients to be delivered to the cells & tissues for healing
- **Vasodilation** allows toxins & excess fluids to leave the inflamed area more rapidly



HEAT THERAPY

- **Moist heat** is more effective than dry heat
- **Moist heat** brings some water in contact with the skin
- **Moist heat**=soaks, compresses, packs, & baths



HEAT THERAPY

- **Dry heat** doesn't include water=heat lamps, heating pads, hot water bottles



HEAT THERAPY



Contraindications to heat therapy:

- Acute injury (injury <48 hrs old) where swelling is present
- Active infection in the area to be treated
- Cancer in the area to be treated
- Bleeding wound in the area to be treated
- Blood clot
- Use caution if pt has a blood clotting disorder



DRY VS MOIST HEAT & CONTRAINDICATIONS

- <https://www.youtube.com/watch?v=Z0qovPjqf8k>



COULD THERAPY



COLD THERAPY



- Cold modalities use ice, chemical cold packs, or cold whirlpool



COLD THERAPY

- Used to reduce swelling and decrease muscle spasms
- Cold therapy treatment is only applied for 10-15 minutes at a time
- Causes **vasoconstriction** which decreases blood flow to the area



COLD THERAPY



Contraindications to cold therapy:

- Numbness or decreased sensitivity
- Compromised circulation in the area to be treated
- If the treatment area is extremely large



HOT AND COLD THERAPY SAFETY

- Check the temp carefully-excessive heat or cold can damage the skin
- Check every electrical device for safety
- Don't allow electrical devices to come in contact with water



HOT AND COLD THERAPY SAFETY

- Check the pt's skin frequently, ask pt about any pain, numbness, burning, or tingling
- Be careful with infants, young children, elderly, and pts with fair skin
- With *heat* look for redness, blistering, or irritation
- With *cold* look for signs of cyanosis



COLD THERAPY & CHEMOTHERAPY

- <https://www.youtube.com/watch?v=SyVHqvGPIz>
w



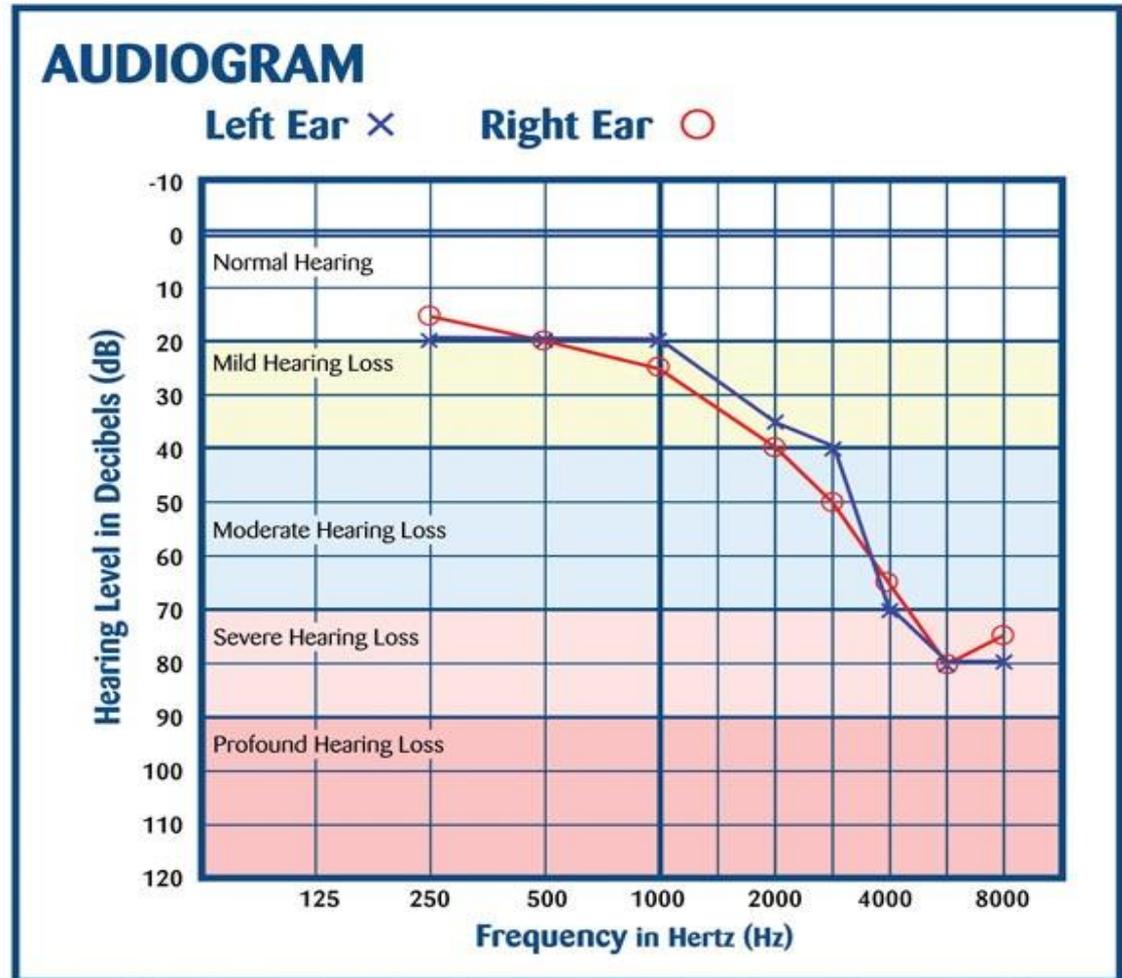
TESTING HEARING

- **Audiometer** is a machine used for evaluating hearing acuity.
- These tests are given in a soundproof room and the pt is asked to signal when they hear tones & sounds that come through a set of earphones
- <https://www.youtube.com/watch?v=5W11pAULMok>



TESTING HEARING

- Hearing is measured in **decibels** (unit of loudness)
- The results are printed on a graph called an **audiogram** which shows the extent of hearing loss



* An example presbycusis (sloping high-frequency hearing loss) synonymous with the ageing process.

LET'S REVIEW!

- Heat therapy causes _____ while cold therapy causes _____.
 - a) Vasoconstriction; vasodilation
 - b) Vasodilation; vasoconstriction
-
- The correct answer is:

B



LET'S REVIEW!

- Which of the following is considered dry heat?
 - a) Hot water bottle
 - b) Bath
 - c) Soak
 - d) Sauna

- The correct answer is:

A



LET'S REVIEW!

- Which of the following types of heat would usually be more effective?
 - a) Heat lamp
 - b) Heating pad
 - c) Hot water bottle
 - d) Bath

- The correct answer is:

D



LET'S REVIEW!

- Which of the following is the major purpose of cold therapy?
 - a) Reduce swelling
 - b) Ease pain
 - c) Vasodilate the blood vessels
 - d) Increase the blood flow

- The correct answer is:

A



LET'S REVIEW!

- Which of the following is not a contraindication to heat therapy?
 - a) The treatment area is extremely large
 - b) Cancer in the area to be treated
 - c) Active infection in the area
 - d) Acute injury where swelling is present

- The correct answer is:

A



LET'S REVIEW!

- What would an audiogram describe?
 - a) Decibels of loudness
 - b) The degree of soundproofing in the hearing booth
 - c) The extent of hearing loss
 - d) The hearing acuity

- The correct answer is:

C

