

Whirlpool

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Whirlpool. The cold whirlpool is indicated in acute and subacute conditions in which exercise of the injured part during a cold treatment is desired.

Equipment Needed.

Whirlpool: The appropriate size whirlpool must be filled with cold water or ice to lower the temperature to 50–60° F. The athletic trainer should use flaked ice and make sure the ice melts completely because pieces of ice could become projectiles if a body segment is in the pool.

The temperature should be set at 50–60° F. The body segment to be treated must be immersed. For total body immersion, the water temperature should be set at 65–80° F. The treatment time should be 5–15 minutes.

Treatment Protocols:

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1. Pad edge of tank with towelling, warn patient that the water is cold, then place body part in water.
2. Instruct patient to keep away from all parts of the turbine.
3. Turn on the turbine, adjust the aeration, agitation, and direction of the water being pumped.
4. Check the patient's response verbally and visually about every 2 minutes. Remind the patient to tell you if the area starts hurting or if sensation is lost.

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