



AOTA Approved Provider #4023



Course Title: Therapeutic Modalities 113

Course Subtitle: Therapeutic Conduction Heating

Course Description:

Therapeutic Modalities 113, Therapeutic Conduction Heating, is a 2-hour course designed for the clinician using heat as a modality for treatment. This course will review factors involved in the therapeutic application of heat directly to the skin. This course reviews the effects of heating along with an overview of indications for the therapeutic use of superficial heat. Various methods of application including hot packs, paraffin wax baths, hydrocollator packs, hydrotherapy, contrast baths, whirlpools, electric heating pads, and heated air treatments will all be reviewed. Contraindications and precautions will also be addressed. A detailed course outline is presented below. At the end of this lesson, the learner will have a greater understanding of how to apply heat and safely integrate heat into practice.

Upon the completion of the course and successfully answering 10 interactive multiple-choice questions, the learner will complete a satisfaction survey and receive a completion certificate for .2 AOTA eligible CEU's

Course Length: 2 hrs

Course Authors: Val Roberston, PhD, Alex Ward, PhD, John Low, BA, DipTP and Ann Reed, BA, DipTP

Course Instructor: Joanne Brown, MS, OTR/L, CHT

Course Objectives:

Upon course completion, the learner will be able to:

- Become familiar with the effects of conduction heating
- Outline the techniques, procedures, indications and contraindications for the use of paraffin wax baths
- Describe the use of hot packs, hydrocollator packs and the use of contrast baths
- Outline considerations and contraindications for the use of treatments with hot water
- Become familiar with thermal conduction methods and give an example of each

- Describe the effects of superficial heat on tissue
- List 3 therapeutic uses of superficial heating

Outline of Content:

Hour 1:

The Effects of Conduction Heating

Method of application

Stages

Mode of action of paraffin wax heating

Contraindications and dangers

Hot Packs

Hydrocollator Packs

Contrast Baths

Method of application

Hour 2:

Hydrotherapy

Whirlpool baths

Considerations and Contraindications to Treatments with Hot Water

Heated Air Treatment

Electric Heating Pads

Heating and Cooling Apparatus

The Effects of Superficial Heat on Tissues

Therapeutic Uses of Superficial Heating