



Course Description

MSS0300L | Hydrotherapy Lab | 1.50 credits

This course presents opportunities for the student to safely and effectively apply various types of hydrotherapy and evaluate their effectiveness.

Course Competencies

Competency 1: The student will be able to complete an appropriate client history and assessment by:

1. Understanding and determine appropriate treatment taking into consideration the health history of the client
2. Understanding and identify various medications that may or may not be a contraindication in a hydrotherapy treatment

Competency 2: The student will perform and demonstrate various heat treatment in hydrotherapy by:

Explaining and defining, hot packs and hot compress

1. Explaining and using hot packs and hot compresses
2. Describing indications and contraindications of heat treatments
3. Describing and reviewing various techniques and applications associated with heat treatments

Competency 3: The student will perform and demonstrate various cold treatments in hydrotherapy by:

1. Explaining and defining, cold compress, cold mitten friction, cryosage
2. Explaining and defining the uses of cold compresses (ice pack), cold mitten friction and cryosage
3. Describing indications and contraindications of Review indications and contraindications of cold compress, cold mitten friction and cryosage
4. Describing and reviewing various techniques of applications associated with cold compress and cryosage

Learning Outcomes

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning