

Heating Compress

Simple Yet Effective

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Heating Compress

- One of the simplest, yet effective hydro tx's.
- Heating compress is applied cold, covered by flannel
- The nerves react to the cold compress by sending a message to the blood vessels in the area to dilate, resulting in increased blood going to the area.

2

Heating Compress

- The fresh blood brings with it new antibodies and blood proteins to fight infection.
- The increased circulation removes toxins which may be causing pain, or relaxes muscles to assist in reducing congestion,

3

Heating Compress

- Clearing away materials that cause the tissues to be sick. The physiologic reactions occur because of the prolonged application of moist heat.

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Application

- Can be Applied to the following:
 - Neck
 - Chest
 - Abdomen
 - Joints

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Benefits

- Increases circulation to the area
- Promotes healing
- Painful Joints

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Heating Compress Benefits

- Constipation
- Poor Digestion
- Asthma/Chronic Bronchitis

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Contraindications

- Quite safe with only one contraindication
- If client is cold and cannot heat up the compress

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