



PROCEDURAL INSTRUCTIONS FOR CONSTITUTIONAL HYDROTHERAPY

BRIEF HISTORY:

- constitutional hydrotherapy was first developed as formalized practice in the early 1900s by influential naturopathic physician Dr. O.G. Carroll (and inspired by the works of hydrotherapists Vincent Priessnitz and Sebastian Kneipp) - this practice focuses on alternating hot & cold water applications to the chest and abdomen, often in conjunction with electrotherapy or some form of abdominal massage, with the intention of stimulating circulation, digestion, immune function, detoxification, and pain relief

PROCEDURE INSTRUCTIONS:

- prepare the treatment table with pillow, sheets, and velux blanket
- prepare water bins (hot + cold) with temperature to patient tolerance
- start by rooming the patient and collecting oral temp, BP, HR, RR

- instruct the patient to lie supine between sheets
- apply EMS pads posteriorly at T6 level bilaterally
- place 2 hot towels across anterior thorax for **5 min**
- cover the patient with the sheet and velux blanket

- prepare hot towel and cold towel
- place hot towel over the towels covering the patient, then flip and remove previous towels
- then place cold towel over towel covering patient, cue breathing, then flip and remove hot towel
- cover the patient with the sheet and velux blanket
- turn on EMS, setting machine intensity to patient tolerance for **10 min**

- ensure the cold towel has been warmed prior to its removal
- transfer EMS pads, placing at T12 posterior and supra-umbilical anteriorly
- apply weighted sand bag over supra-umbilical EMS pad
- cover the patient with sheet and velux blanket
- turn on EMS, setting machine intensity to patient tolerance for **10 min**

- remove EMS pads and instruct the patient to lie prone
- place 2 hot towels across posterior thorax for **5 min**
- cover the patient with the sheet and velux blanket

- prepare hot towel and cold towel
- place hot towel over the towels covering the patient, then flip and remove previous towels
- then place cold towel over towel covering patient, cue breathing, then flip and remove hot towel
- cover the patient with the sheet and velux blanket for **10 min**
- ensure the cold towel has been warmed prior to its removal

- **supplies:** 1 pillow + case, 2 regular sheets, 2 velux blankets, 4 towels, 2 water bins, EMS machine

- **INDICATIONS:** chronic fatigue, fibromyalgia, digestive issues, anxiety, stress, depression, weakened immune system, chronic inflammation, poor circulation, hormone imbalance, detoxification support, hypertension, appetite stimulation
- **CONTRAINDICATIONS:** pregnancy, fever >101°F, acute infections, open wounds, severe cardiovascular conditions

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your physician or healthcare provider before making any changes to your health regimen or for any medical concerns.