

Demo

HYDROTHERAPY

combined with

MANUAL LYMPH DRAINAGE

MASSAGE

PRESENTED BY

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REACTIONS TO HYDROTHERAPY

•ARTERIAL BLOOD FLOW REACTION:

Appears after exposure to extended cold temperatures, or more often, after abrupt contrast between hot (not warm) and cold parts of the application. This leads to an extended or too strong contraction of the arteries (spasm), or the omission of the second part of the reaction (vasodilatation).

SIGNS: Red-White spotting of the skin (marbled appearance), and coldness followed by intense cramping pain.

COUNTERACTIONS: - Stop the treatment.

- Dry off, or if necessary rub off.

- Apply carefully dosed warm application (increasing temperature foot bath).

•VENOUS BLOOD FLOW REACTION:

Appears after exposure to extended warmth. This leads to an over dilation of the veins which causes a deficiency in venous return (congestion).

SIGNS: Blue-Red spotting of the skin.

COUNTERACTIONS: - Stop the treatment.

- Dry off.

- Active exercise.

- Raising the affected articulations.

•CONTRADICTIONARY REACTIONS:

Appears mostly in clients with extensive arteriosclerosis. In this case, the body reacts to a cold stimulus, as it should when receiving a warm stimulus.



**IF A CONTRADICTIONARY REACTION IS EVIDENT,
CONSULT A DOCTOR IMMEDIATELY!!!**





BASIC PRINCIPLES OF HYDROTHERAPY

1. Never use cold water on a cold body without warming it first.
- After cold applications, the body should not be dried with a towel, but wiped off with the hand. Exceptions are areas with a large amount of hair, areas exposed to air (head and hands) and between the toes.
 - After warm or hot applications, the body parts may be dried.
 - A reheating stage must occur between 10 to 15 minutes after a cold application...



Demo

PRACTICUM

KNEIPP AFFUSIONS (WATER HOSING)



EQUIPMENT:

3/4" HOSE, 31/2 FEET LONG

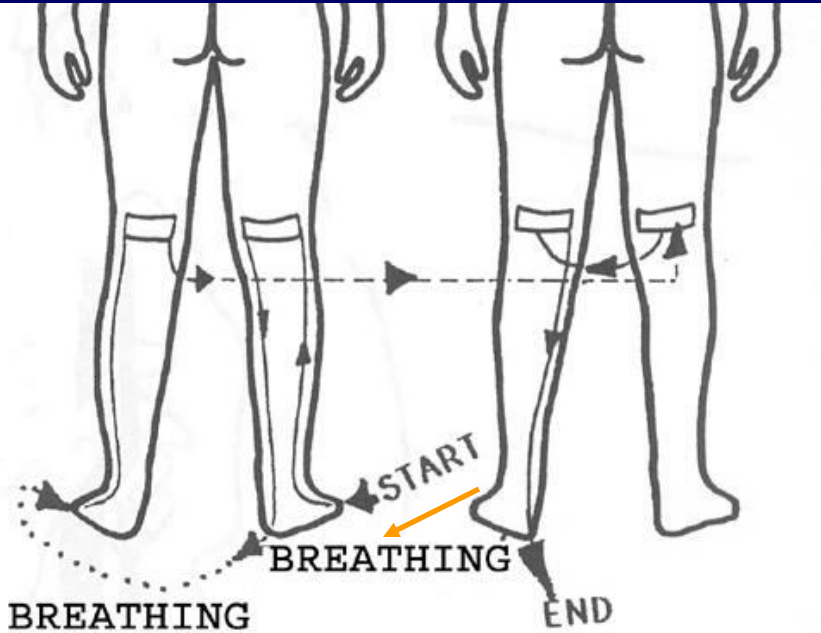
AFTER AFFUSION:

**WIPE OFF WATER WITH HANDS -
DO NOT TOWEL DRY !!!**

Demo

KNEE AFFUSION, COLD TEMPERATURE

1. COLD KNEE AFFUSION

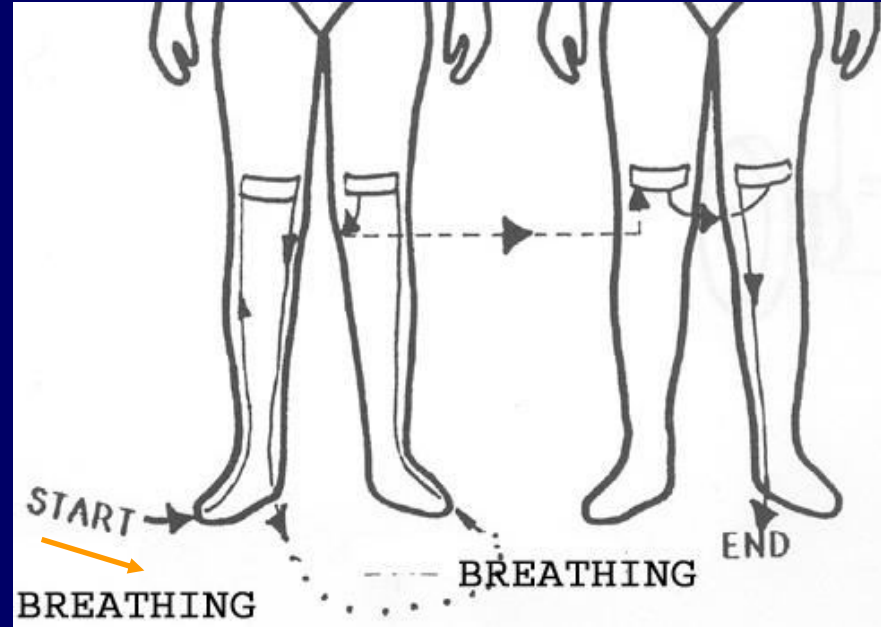


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2. COLD KNEE AFFUSION



TECHNIQUE: Begin on the right lateral part of the foot. Hose upwards along the calf 3 to 4 inches above the popliteal space. Maintain position until the skin turns red, then move downwards inside the calf to the heel.

Repeat the same stroke on the left leg but stay with the affusion in the popliteal space and change from left popliteal space to right one, then back to left one. Then hose down inside the left calf to the heel.

TECHNIQUE: Begin on the right lateral part of the foot. Hose the front part of the leg upwards 3 to 4 inches to the knee cap. Stay in place until the skin turns red, then hose downwards inside the calf to the toes.

Repeat the same stroke on the left leg, but stay with the affusion above the knee and change from left knee cap to the right one and back again. Then downwards inside the left calf to the toes.

3. COLD AFFUSION OF THE FOOTSOLE

Conclude with circular affusion on the bottom of both feet. Wipe water off with hands. Do not towel dry. The affusion should be followed by active exercise. The legs should be kept warm by exercising or by wearing socks in bed.

Demo

LEG AFFUSION, COLD TEMPERATURE

EQUIPMENT: 3/4" HOSE, 3 1/2 FEET LONG

COLD LEG AFFUSION - TECHNIQUE:

BACKSIDE

65 Degrees F.

The client inhales and exhales evenly while the cold affusion begins on the right lateral part of the foot. Hose upwards along the lateral part of the leg to the gluteus. Maintain position until skin reddens, then move downwards inside the leg to the heel. Repeat the same stroke on the left leg but stay with the affusion on the gluteus and change from left side to right and back to the left side. Then continue hosing downwards inside the left leg to the heel.

FRONTSIDE

65 Degrees F.

The client inhales and exhales evenly while the cold affusion begins on the right lateral foot. Hose upwards on the front part of the leg to the inguinal space. Maintain position until the skin appears red, then move downwards inside the leg to the toes. Repeat the same stroke on the left leg but stay with affusion on the inguinal space and change from left side to right then to left side again. Continue hosing downwards inside the left leg to the toes.



Demo

FULL BODY AFFUSION, COLD TEMPERATURE

Note: Before you start with this treatment, have client splash water on forehead and chest. Treatment should be done after a dry sauna, whirlpool, steam sauna or aromabath.



INDICATIONS:

Weak immune system

CONTRAINDICATIONS:

Menstruation, sciatica, bladder/kidney infections, chronic cold feet, over-sensitivity to cold, arteriosclerosis, blood pressure disorders.

EFFECTS:

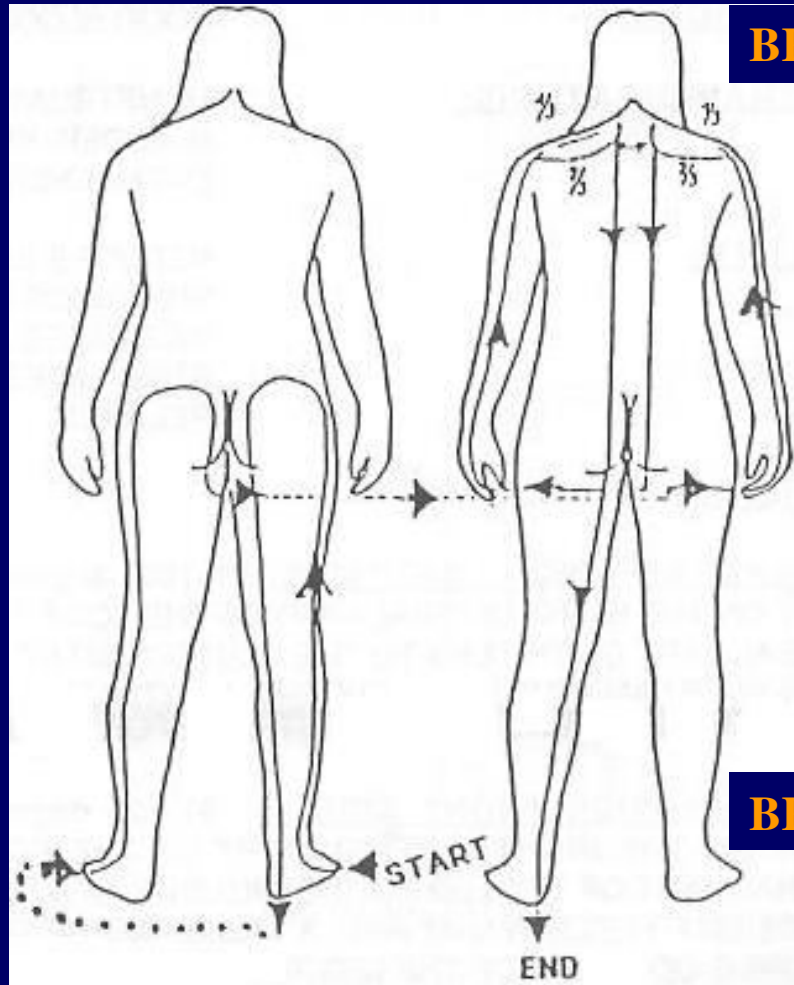
Stabilizes vegetative nervous system, increases metabolic rate, increases blood circulation.

Demo

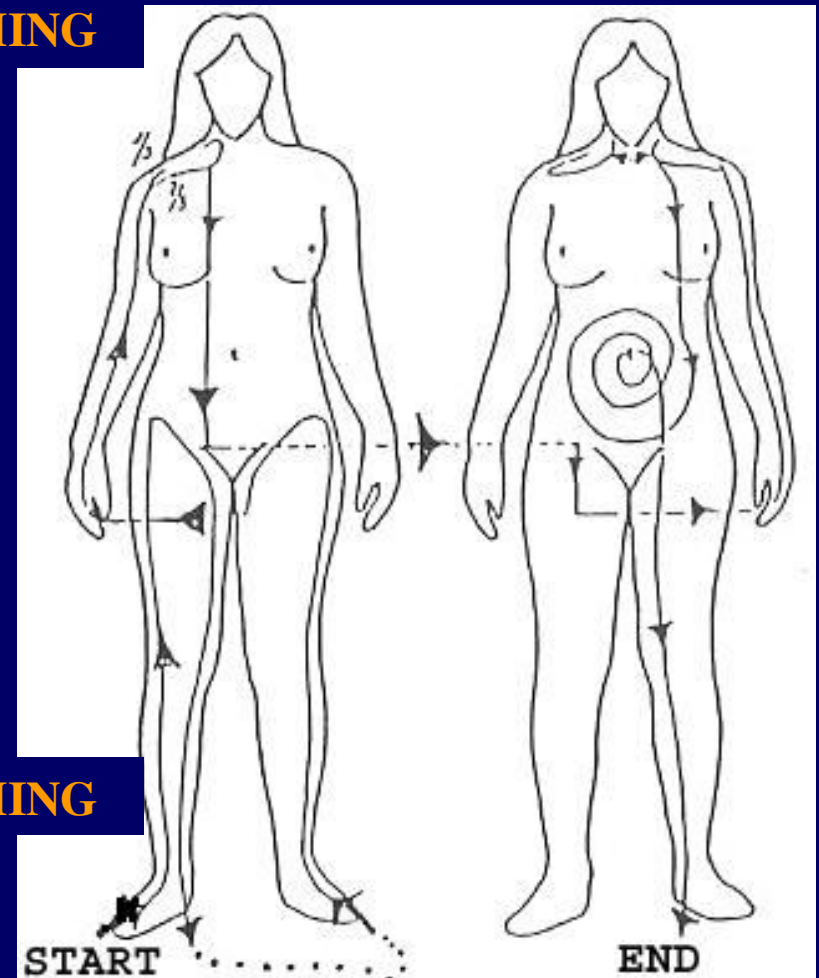
FULL BODY AFFUSION, COLD TEMPERATURE

EQUIPMENT: 3/4" HOSE, 3 1/2 FEET LONG

1. COLD AFFUSION BACKSIDE



2. COLD AFFUSION FRONTSIDE



Demo

FACE AFFUSION, COLD TEMPERATURE

INDICATIONS:

Fatigue, headache, migraine.

CONTRAINDICATIONS:

Glaucoma (eye ailments or disorders), acute sinusitis.

EFFECTS:

Refreshing, stimulates blood circulation, reduces wrinkles.

1. COLD AFFUSION FACE

65 degrees F



Note: The cold face affusion can be done more than once a day.

Demo

HIGH PRESSURE JET AFFUSION BLITZ - JET AFFUSION (HOT TEMPERATURE)

➡ A high pressure jet adds a mechanical stimulus to the thermal stimulus. A 3-5 MM. jet hose nozzle with a pressure comfortable to skin is hosed from a distance of 9 feet.

As an approximate guide to the pressure force, hold the nozzle of the hose horizontally 30 inches above the floor. The stream of water should hit the floor about 18 feet away. ←



INDICATIONS:

Arthritis in non-inflammatory stage, chronic lumbago, muscular tension, irregular menstruation cycle, mild blood circulation problems.

CONTRAINDICATIONS:

Nervosity, varicose veins, inelasticity of skin, heart or blood circulation problems, any inflammation.

EFFECTS:

Increases metabolic rate, improves the immune system.



EXAMPLE OF A KNEIPP HYDRO – HERBAL SPA TREATMENT - SEQUENCE

THE FIVE B'S TO STRESS REDUCTION

- | | |
|---|--------------------|
| 1. Bath, herbal | 10 minutes |
| 2. Blitz-jet affusion, hot temperature | 2-3 minutes |
| 3. Bath, herbal | 5 minutes |
| 4. Blitz-jet affusion, hot temperature | 2-3 minutes |
| 5. Bed rest | 1 hour |

TOTAL TIME REQUIRED APPROXIMATELY 2 HOURS

The Blitz-jet affusion and herbal bath routine has the following sequence:

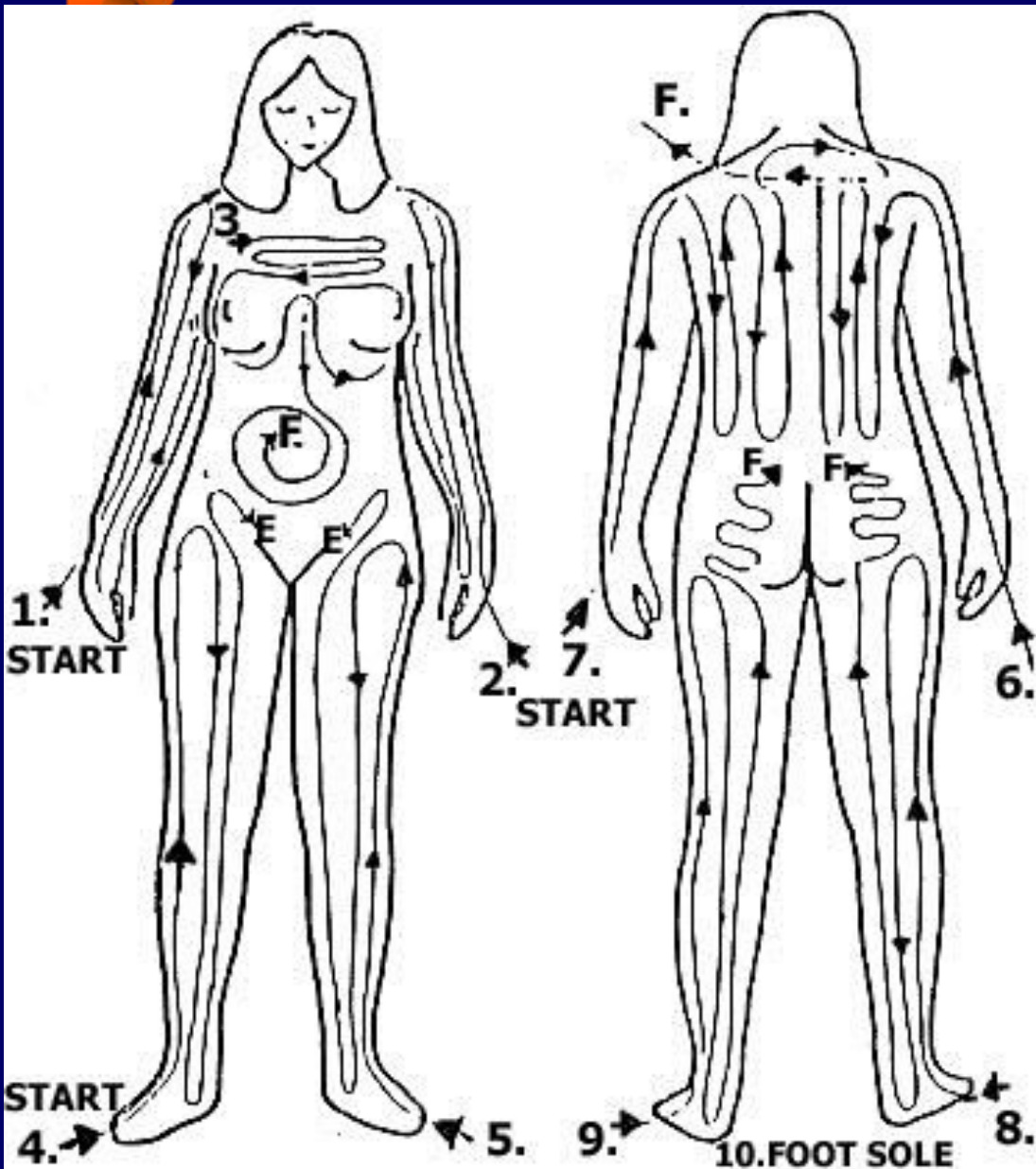
A 97 Degree F. herbal bath (pine needle, hayflower) for 10 minutes is followed by a hot Blitz-jet affusion lasting 2-3 minutes, followed by a second hot herbal bath for 5 minutes and then another 2-3 minute hot blitz-jet affusion.

The body temperature is reduced with a moderate temperature spray shower.

NOTE: It is imperative that the client rests for at least one hour.

Demo

ABLUTION, WASHING DOWN OF THE WHOLE BODY



TECHNIQUE:

Dip a coarse linen washcloth into cold water and wash:

1. Right arm front - exterior then interior.
2. Left arm front - exterior then interior.
3. Throat, across chest and then clockwise strokes across abdomen.
4. Right leg - front, start with foot.
5. Left leg - front, start with foot.
- 6-7. Back side - is washed down with several strokes.
8. Right leg back - start with the heel.
9. Left leg back - start with the heel.
10. Right and left soles of the feet.

DURATION: As quickly as possible.

AFTERWARDS:

Do not dry, but redress in either a nightdress or pajamas and get into a warm bed.



KNEIPP BODY WRAPS

- DEFINITION:

Every wrap has its own specific effect on the system. However, all wraps relax muscles, break up and absorb body toxins, as well as stimulate the whole organism. The major function of the wrap is to stimulate the skin, which in turn influences the body temperature, the nervous system, blood circulation and the immune system. The effect of the wrap depends on its duration.

- 1.HEAT ABSORBING COLD WRAP:

The cold wrap is used for reducing excess heat in the body, (e.g. during infection or high fever.) The wrap stays on until it is warm, usually 20-30 minutes. If the body temperature remains high, repeat the procedure.

- 2.HEAT RETAINING COLD WRAP:

The cold wrap stays on until it has warmed up and has increased the circulation in the wrapped area without increasing perspiration. The wrap stays on for about an hour. The linen cloth must be wrung out thoroughly.

- 3.PERSPIRATION INCREASING COLD WRAP (DIAPHORETIC WRAP)

The wrap stays on until the client perspires profusely after 1 ½ - 2 hours. After perspiration begins, the wrap stays on for another 15 minutes.



KNEIPP BODY WRAPS

- TYPES OF WRAP:

- Chest Wrap
- Lumbar Wrap
- Foot Wrap
- Calf Wrap
- Hand Wrap
- Throat Wrap
- Shawl Wrap
- Short Wrap
- Leg Wrap
- Wet Socks

- WRAP MATERIAL:

1. **Coarse linen cloth** (interior cloth) lies on the skin, moist.
2. **Cotton cloth** (middle cloth) dry on the edges,
2 CM wider than the interior cloth.
3. **Wool blanket** (exterior cloth) dry on the edges,
1 CM smaller than the middle cloth.





Introduction

- The human lymphatic system is one of many purification systems. However, one should not view its functions in isolation - which caution applies, by the way, to all organ systems, since man is far too complex a system for that. The high degree of specialization in the individual branches of medicine tends to obscure and impede comprehensive insights and understandings. The individual organs are interlinked by numerous regulatory cycles and control mechanisms. A holistic understanding of the human system is a prerequisite to correct understanding of the way that Manual Lymph Drainage works.
- Man is both a closed and an open system. The skin is by no means a rigid barrier to the outside world: in the first place, the human body takes in too much via this organ; in the second place, too much is transported to the outside via the skin. From another viewpoint, however, the skin really is a clear demarcation boundary, as is shown by a partial alteration of the laws of gravity inside the human organism.....



1 The Foundations of Manual Lymph Drainage in Chemistry, Physics, Physiology and Histology

1.1 The Basics of Manual Lymph Drainage's Mode of Operation

- 1.1.1 The Autonomic Nervous System
- 1.1.3 The Immune System
- 1.2 Connective Tissue
 - 1.2.4 Adipose Tissue
- 1.3 Dynamic Tissue: Blood, Lymph
- 2.2 The Lymphatic System
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10. Introduction to Therapy

The therapeutic effectiveness of Manual Lymph Drainage derives from a number of factors:

Edema reduction: Lymph buildup is reduced via the lymph vessels by stimulating lymphatic vessel motoricity (lymphangiomotoricity); in addition, blood capillaries are drained of water via the venous capillaries.

Vegetative stimulation to change through lowering of sympathetic tonus leads to **relaxation**.

Easing of pain can be achieved indirectly via neuronal regulatory circuits

Relaxation of the skeletal musculature: MLD has a normalizing effect on the tonus of the smooth musculature of hollow organs (viscera) and a stimulating effect on intestinal motility and lymph vessel motoricity.

One hypothesis has it that the body's defensive system is positively influenced by strengthened lymph flow.





10. Introduction to Therapy

These manifold effect mechanisms explain the numerous therapeutic application possibilities of Manual Lymph Drainage. Besides all disease pictures with lymphostatic edema. Manual Lymph Drainage can also be applied for other indications. Numerous disease pictures which are accessible to the various kinds of physical therapy can also be treated with Manual Lymph Drainage. One must decide on a case-by-case basis whether MLD therapy is preferable to alternative physical therapeutic measures. The patient's age and constitution, as well as the kind of disease picture, are all factors. Manual Lymph Drainage can also be applied in combination with other therapeutic measures. The effectiveness of Manual Lymph Drainage is scientifically established for many disease pictures; in some cases, its success has been empirically confirmed.



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