

HYDRO AND HERBAL THERAPY

THE KNEIPP® SYSTEM

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The Kneipp System

is the best known evaluated system of hydrotherapy.

It is more than one hundred years old and well established in Europe and all over the world.

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:

1. Stop the treatment.
2. Dry off, or if necessary rub off.
3. If possible, 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:

1. Stop the treatment.
2. Dry off.
3. Active exercise.
4. 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.

IMPORTANT !! IF A CONTRADICTIONARY REACTION IS EVIDENT, CONSULT A DOCTOR IMMEDIATELY.

COMBINED REACTION:

Often found in younger people with functional circulatory disorders. In this case, the arterial blood flow and the venous return are disturbed. Often seen in the distal extremities. Cold applications can be supported.

SIGNS:

Red-Blue skin discoloration

COUNTERACTIONS:

Depending on whether it is a more venous or arterial blood flow, the counteraction for the corresponding conditions should be used.

GENERAL REACTIONS:

These can appear with every type of application, more often however, with the warm/hot applications.

SIGNS:

Dizziness, headaches, heart palpitations, nausea.

COUNTERACTIONS:

1. Stop the treatment.
2. If pale, client should lie down.
3. If the face is red and puffy, client should sit upright.
4. If necessary, a cold compress should be applied to the heart and neck.

REACTION TO WARMTH:

When the body experiences an increase in warmth, there are certain methods used to increase homeostasis. Peripheral blood vessels are dilated and circulation to the internal organs is decreased allowing more blood to bring excess heat away from the core, towards the skin's surface. This leads to a relaxation of muscles, dilated peripheral blood vessels and a decreased internal blood circulation resulting in a decrease in the activity of the internal organs. There is also a relaxation in the cardiac activity following a decrease of the stroke volume (volume of blood ejected in one beat). With an extended application of heat, the body resorts to perspiration, in order to eliminate the excess heat through the evaporation of the perspiring skin.

The course of the reaction is: Redness - Warmth - Comfort.

REACTIONS TO HEAT

The body reacts to heat as it does to cold. The course of the reaction is as follows:

1. Paleness - Goosebumps - Dull Pressure which can lead to pain.
2. Redness - Hot or Warm Feeling - Comfort.

REMOVAL OF HEAT:

This is achieved through the application of cold water, cold clay water, ice, cold packs or wraps. An intense removal of heat initially appears through the temperature gradient which slowly decreases due to the gradual reheating of the wrap. Heat removal can only occur with a certain temperature gradient. This necessitates the removal of the wrap before it is reheated. It is usually necessary to repeat the application often, in order to prevent a reactive hyperemia. The number of applications depends on the type of wrap, and the additives used.

PRODUCTION OF HEAT:

An increase in heat production, through an increase in metabolism, is produced with a cold wrap applied over an extended period (45-75minutes). The initial short cold stimulation (5-10 minutes) results in a removal of heat and therefore a disruption in the body's homeostasis.

During the heat reduction phase, signs of sympathetic stimulation are evident: Vasoconstriction, increased respiratory and pulse rates, and increased tone of the skeletal muscles.

In order to maintain homeostasis, the body activates the metabolism, the circulatory, the nervous and endocrine systems to produce heat. A change in the reaction position, after the gradual warming of the wrap, shows signs of parasympathetic stimulation.

There is a reactive hyperemia in the wrapped area, and with longer application through a consensual reaction, in related areas. Cramped organs, segmentally related are relaxed, and disturbed functions are restored.

Following the vasodilatation, the blood pressure decreases, thus easing pressure off the heart and the circulatory system. Increasing the circulation promotes the removal of metabolic wastes, and a better oxygen supply, which improves the cellular atrophy.

A sedative effect on the nervous system and psyche is a result of wraps applied for a longer time. The transfer from a sympathetic state (relaxation) is evident and a significant factor in the treatment with wraps.

REACTIONS TO COLD

When a short cold wrap is applied, the body maintains the normal core temperature. While cold is being applied, certain reactions are caused due to the stimulation of the sympathetic nervous system. The coronary arteries dilate, the heart rate increases, and there is a constriction of the peripheral blood vessels to prevent any heat loss through the skin, which in turn causes a contraction of the muscles supplied by the vessels. The contraction of certain muscles of the skin leads to goose bumps and the erection of the hairs on the skin.

Other reactions are the inhibition of the bladder walls and constriction of the renal (kidney) blood vessels, therefore inhibiting urination. The muscular tone of the sphincter muscles is increased which also prevents urination, excretion and the movement of food in the digestive tract. There is also an inhibition of digestive activity.

Once the cold stimulus has been removed, the parasympathetic nervous system is activated, which counteracts the sympathetic nervous system. There is also an increase in the metabolic rate due to the breaking down of nutrients in order to produce energy used in reheating the body.

The course of the reactions can be summarized as follows:

1. Paleness - Goose Bumps - Coldness, which can go as far as pain sensation.
2. Redness - Warmth - Comfort.

PROPERTIES OF WATER

HEAT CAPACITY: The ability of a body to absorb and store heat.

HEAT CONDUCTIVITY: Water is a good conductor of heat. The heat passes from areas of high temperature to areas of low temperature. Since heat capacity of water is greater than the heat capacity of the same volume of air, one can remove heat quicker from the body when it is in water.

HYDROSTATIC PRESSURE: The equally distributed pressure that water exerts on the parts that are immersed in it. Hydrostatic pressure leads to the compression of the blood vessels, abdomen and chest. Thus the circumference of the abdomen can decrease by 2.5 to 6.5 CM. And of the chest by 1 to 3.6 CM. An immersion level of 12 CM. is equal to the pressure found in the veins. Hydrostatic pressure depends on the quantity of water.

CHEMICAL PROPERTIES: The properties that change the characteristics of water. Chemical additives act through: absorption accumulation on the skin, absorption accumulation in the skin and reabsorption passing through the skin and into the blood.

BASIC PRINCIPLES OF HYDROTHERAPY

1. Never use cold water on a cold body without warming it first.
2. 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.
3. After warm or hot applications, the body parts may be dried.
4. A reheating stage must occur between 10 to 15 minutes after a cold application.
5. Warm baths (3/4 or full) should be followed by a cold application, and 30-60 minutes of rest.
6. An interval of 1 to 4 hours should take place between application and meals. However, it depends on the type of application since each needs a specific time.
7. The use of alcohol or tobacco is prohibited before and after applications.
8. The use of cold water is preferred for acute disorders, and heat for chronic disorders.
9. The digestive tract should be cleared before water application.

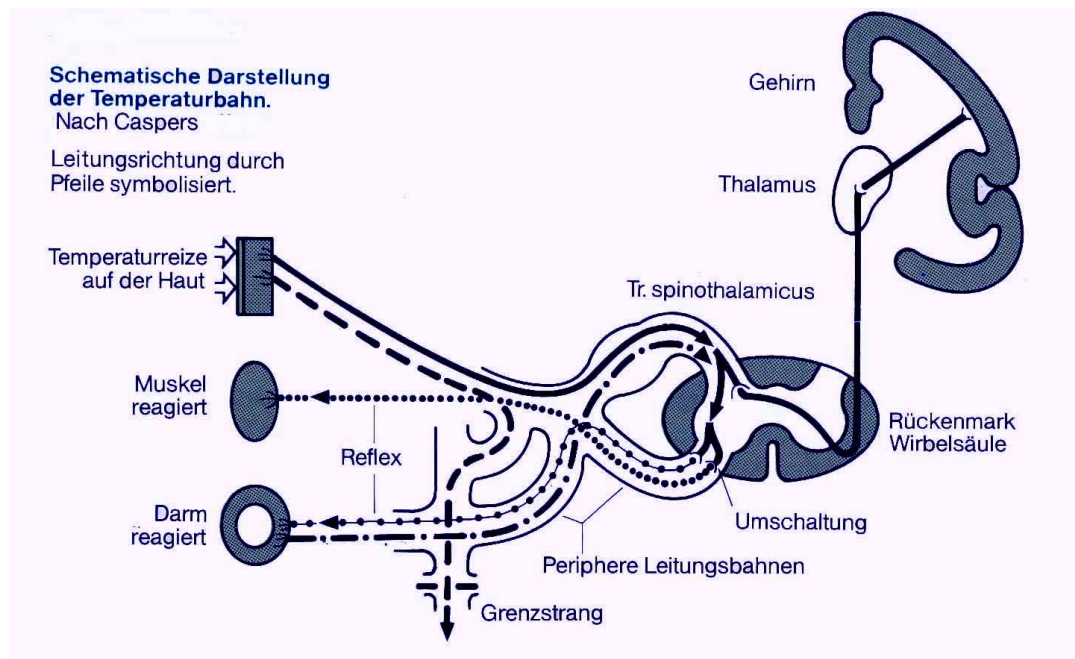


Illustration:
Schematische Darstellung der Temperaturbahn (nach Caspers)

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PRACTICUM

KNEIPP AFFUSIONS (WATER HOSING)



Illustration:
Kneipp Affusions

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KNEE AFFUSION, COLD TEMPERATURE

1. COLD AFFUSION BACKSIDE

START

BREATHING

BREATHING

END

2. COLD AFFUSION FRONTSIDE

START

END

BREATHING

BREATHING

3. COLD AFFUSION OF THE FOOTSOLE



Illustration: © media-med.eu
Knee Affusion,
Cold Temperature

KNEE AFFUSION, COLD TEMPERATURE

INDICATIONS:

Vascular headaches, poor blood circulation in legs, elevated body temperature, varicose veins.

CONTRAINDICATIONS:

Menstruation, sciatic pain, bladder or kidney infection, cold feet, over sensitivity to cold, or low blood pressure.

EFFECTS:

Reduces blood pressure, increases arterial blood flow, stimulates venous blood flow, helps relieve insomnia, and relaxes.

TECHNIQUE:

1. COLD KNEE AFFUSION, BACKSIDE 65 degrees F.

The client inhales and exhales evenly during the beginning of the cold affusion. The affusion begins 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.

2. COLD KNEE AFFUSION, FRONTSIDE 65 degrees F.

The client breathes evenly while the cold affusion begins 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. CONCLUSION

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.

EQUIPMENT: ¾ inch hose, 3 ½ feet long.

KNEE AFFUSION, ALTERNATE TEMPERATURE

1. WARM AFFUSION BACK
AND FRONT

START
END END

BREATHING END

2. COLD AFFUSION BACK
AND FRONT

START
BREATHING END

3. WARM AFFUSION BACK
BACK
AND FRONT

START
END END

BREATHING END

4. COLD AFFUSION
AND FRONT

START
BREATHING END

5. COLD AFFUSION OF THE FOOTSOLE



Illustration:
Knee Affusion
Alternate
Temperature

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KNEE AFFUSION, ALTERNATE TEMPERATURE

INDICATIONS: Vascular headaches, poor blood circulation in the legs, elevated body temperature, chronic cold feet.

CONTRAINDICATIONS: Menstruation, sciatic pain, bladder or kidney infection, varicose veins, low blood pressure, or persistent chills.

EFFECTS: Reduces blood pressure, increases arterial blood flow, relaxes, relieves insomnia.

TECHNIQUE:

1. **WARM AFFUSION, BACKSIDE** 97-100 Degrees F.

Start on the right lateral part of the foot. Hose upwards along the calf (one hand width above the popliteal space). Maintain position until the client feels warm and a light redness of the skin appears. Continue downwards inside the calf. Repeat the same stroke on the left leg.

WARM AFFUSION, FRONTSIDE 97-100 Degrees F.

Start on the right lateral part of the foot. Hose the front part of the leg upwards (one hand width above the knee cap). Maintain position until the client feels warm and a light redness of the skin appears. Continue downwards inside the calf. Repeat the same stroke on the left leg.

2. **COLD AFFUSION, 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 calf, one hand width above the knee cap. Hose across the popliteal space then downwards inside the calf. Repeat the same stroke on the left leg.

COLD AFFUSION, FRONTSIDE 65 Degrees F.

The client inhales and exhales evenly while the cold affusion begins on the right lateral part of the foot. Hose the front part of the leg upwards (one hand width above the knee cap). Hose across the kneecap, then downwards inside the calf. Repeat the same stroke on the left leg.

3. **REPEAT WARM AFFUSION**

4. **REPEAT COLD AFFUSION**

5. **FINISH WITH COLD CIRCULAR AFFUSION ON THE BOTTOM OF BOTH FEET.**

AFTERWARDS: Wipe off water with both hands. Do not towel dry. Rest for one hour and keep the body warm.

EQUIPMENT: ¾ inch hose, 3 ½ feet long

LEG AFFUSION, COLD TEMPERATURE

1. COLD AFFUSION BACKSIDE

BREATHING BREATHING START
BREATHING END

2. COLD AFFUSION FRONTSIDE

BREATHING BREATHING START
BREATHING END

3. COLD AFFUSION OF THE FOOTSOLE



Illustration: Leg Affusion,
Cold Temperature

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LEG AFFUSION, COLD TEMPERATURE

<u>INDICATIONS:</u>	Unstable cardiovascular system, varicose veins, poor blood circulation in legs.
<u>CONTRAINDICATIONS:</u>	Menstruation, over-sensitivity to cold, sciatic pain, bladder/kidney infection, cold feet, low blood pressure.
<u>EFFECTS:</u>	Reduces blood pressure, increases arterial blood flow, stimulates venous blood flow, relaxes.

TECHNIQUE:

1. **COLD LEG AFFUSION, BCKSIDE:** **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.

2. **COLD LEG AFFUSION, 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.

3. **CONCLUSION:**

Conclude with cold circular affusion on the bottom of both feet.

AFTERWARDS:

Wipe off water with hands - do not towel dry. The affusion should be followed by active exercise or one hour of bed rest.

EQUIPMENT: ¾ inch hose, 3 ½ feet long.

LEG AFFUSION, ALTERNATE TEMPERATURE

1. WARM AFFUSION BACK
BACK AND FRONT

END START
END END

BREATHING
END

2. COLD AFFUSION
AND FRONT

START
BREATHING
END

3. WARM AFFUSION BACK
BACK AND FRONT

START
END END

START
BREATHING
END

4. COLD AFFUSION
AND BACK

BREATHING
END

5. COLD AFFUSION OF THE FOOTSOLE



Illustration: Leg Affusion,
Alternate Temperature

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LEG AFFUSION, ALTERNATE TEMPERATURE

- INDICATIONS:** Poor blood circulation, insomnia
- CONTRAINDICATIONS:** Menstruation, sciatic pain, bladder or kidney infection, over-sensitivity to cold.
- EFFECTS:** Reduces blood pressure, enhances blood circulation, increases arterial blood flow, stimulates venous blood flow, relaxes.
- TECHNIQUES:**
- 1. WARM AFFUSION BACKSIDE:** 97-100 Degrees F.

Start on the right lateral part of the foot. Hose upwards along the lateral part of the leg to the gluteus. Stay in place until the client feels warm and the skin reddens. Continue down the inside of the leg to the toes. Repeat the same stroke for the left leg.

WARM AFFUSION FRONTSIDE: 97-100 Degrees F.

Start on the right lateral part of the foot, hose up along the lateral part of the leg to the inguinal space. Maintain position until the client feels warm and a light redness of the skin appears. Continue down inside the leg to the toes. Repeat the same stroke on the left side.
 - 2. COLD AFFUSION BACKSIDE:** 65 Degrees F.

The client inhales and exhales evenly while the cold affusion begins on the right lateral part of the foot. Hose up along the lateral part of the leg to the gluteus. Maintain position (but not for as long as the warm affusion). Continue down the inside of the leg. Repeat the stroke on the left side.

COLD AFFUSION FRONTSIDE: 65 Degrees F.

The client inhales and exhales evenly while the cold affusion begins on the right lateral part of the foot. Hose up along the lateral part of the leg to the inguinal space. Maintain position. Continue downwards inside the leg to the toes. Repeat the same stroke on the left side.
 - 3. WARM AFFUSION FRONTSIDE**
 - 4. COLD AFFUSION BACKSIDE**
 - 5. CONCLUSION:**

Conclude with cold circular affusion on the bottom of both feet.
- AFTERWARDS:** Wipe off the water with hands. Rest for one hour. Make sure the body stays warm.
- EQUIPMENT:** ¾ inch hose, 3 ½ feet long

FULL BODY AFFUSION, COLD TEMPERATURE

1. COLD AFFUSION BACKSIDE

BREATHING

START

END

2. COLD AFFUSION BACKSIDE

BREATHING

START

END

3. COLD AFFUSION OF THE FOOTSOLE



Illustration:
Full Body Affusion,
Cold Temperature

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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.

TECHNIQUE:

1. **COLD AFFUSION, BACKSIDE** 65, Degrees F.

The client inhales and exhales evenly while the cold affusion begins on the lateral part of the right foot. Hose up along the leg to the gluteus, then down inside the leg to the heel. The client inhales and exhales evenly while the affusion begins on the lateral part of the left foot. Hose up along the leg to the gluteus. Move from the gluteus to the right hand (before you go to the upper part of the body, splash water on the client's forehead and chest.) Move up the right arm to the shoulder. Maintain position and go down the spine on the right side. Move from under the gluteus to the left hand, moving up the left arm to the shoulder. Maintain position, then change from left side to right and back to left side again. Go down spine on the left side to the gluteus, then down the inside of the left leg to the heel.

2. **COLD AFFUSION, FRONTSIDE:**

The client inhales and exhales evenly while the cold affusion begins on the right lateral foot. Hose up the front part of the leg to the inguinal space, then move down the inside of the leg to the toes. The client inhales and exhales evenly while the cold affusion begins on the left lateral foot. Hose up the front part of the leg to the inguinal space. Then move from the inguinal space to the right hand then to the shoulder. Maintain position and go down right side of the sternum to the inguinal space. Move to the left hand up the left arm to the shoulder. Maintain position and then hose the left side then the right and back to the left side, and then go down the left side of the sternum. Hose the abdomen clockwise, then down the inside of the left leg to the toes.

3. **CONCLUSION:**

Finish with a cold circular affusion on the bottom of both feet.

AFTERWARDS: Wipe off the water with hands. Do not towel dry. The affusion should be followed by bed rest.

EQUIPMENT: ¾ inch hose, 3 ½ feet long.

ARM AFFUSION, COLD TEMPERATURE

1. COLD AFFUSION RIGHT AND LEFT ARM

BREATHING
START
END
BREATHING

2. REPEAT COLD AFUSION RIGHT AND LEFT ARM

BREATHING
START
END
BREATHING



Illustration: Arm Affusion,
Cold Temperature

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ARM AFFUSION, COLD TEMPERATURE

INDICATIONS: Fatigue, heart palpitations, cold hands, (do not start this treatment if client has cold hands), low blood pressure.

CONTRAINDICATIONS: Coronary heart ailments, asthma.

EFFECTS: Refreshing, stimulates blood flow.

TECHNIQUE:

1. COLD AFFUSION RIGHT AND LEFT ARM 65 Degrees F.

Upper body is bent over the affusion rack (bath tub). The client inhales and exhales evenly while the cold affusion begins on the right - backside of the hand. Hose up to the outside of the arm to the shoulder. Stay in place, then move downwards inside the arm to the palm.

2. Repeat the procedure 3-4 times

AFTERWARDS: Wipe the water off with hands. Do not towel dry. The affusion should be followed by active exercise or one hour of bed rest.

EQUIPMENT: ¾ inch hose, 3 ½ feet long.

ARM AFFUSION ALTERNATE TEMPERATURE

1. WARM AFFUSION RIGHT
RIGHT AND LEFT ARM

2. COLD AFFUSION
AND LEFT ARM

START
BREATHING

END

BREATHING

START END

3. WARM AFFUSION RIGHT
RIGHT AND LEFT ARM

4. COLD AFFUSION
AND LEFT ARM

START

END

BREATHING

START

BREATHING

END



Illustration: Arm Affusion,
Alternate Temperature

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ARM AFFUSION, ALTERNATE TEMPERATURE

INDICATIONS: Fatigue, heart palpitations, cold hands, low blood pressure

CONTRAINDICATIONS: Coronary heart ailments, asthma

EFFECTS: Refreshing, stimulates blood flow

TECHNIQUE:

1. WARM AFFUSION RIGHT AND LEFT ARM 97 - 100 Degrees F.

Upper body is bent over the affusion rack. Start on the backside of the right hand up to the outside of the arm to the shoulder. Maintain position until the client feels warm, and a light redness appears. Continue to hose downwards inside the arm to the palms. Repeat on the left arm.

2. COLD AFFUSION RIGHT AND LEFT ARM 65 Degrees F.

Start on the backside of the right hand, hose up the outside of the arm to the shoulder. Maintain position. Continue down inside the right arm to the palm of the hand. Repeat the same stroke on the left arm.

3. REPEAT WARM AFFUSION

4. REPEAT COLD AFFUSION

AFTERWARDS: Wipe the water off with hands. Do not towel dry. The affusion should be followed by active exercise or one hour of bed rest.

EQUIPMENT: ¾ inch hose, 3 ½ feet long.

FACE AFFUSION, COLD TEMPERATURE

1. COLD AFFUSION FACE

BREATHING

START

END



Illustration: Face Affusion,
Cold Temperature

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FACE AFFUSION, COLD TEMPERATURE

<u>INDICATIONS:</u>	Fatigue, headache, migraine.
<u>CONTRAINDICATIONS:</u>	Glaucoma (eye ailments or disorders), acute sinusitis.
<u>EFFECTS:</u>	Refreshing, stimulates blood circulation, reduces wrinkles.
<u>NOTE:</u>	The cold face affusion can be done more than once a day.
<u>TEMPERATURE:</u>	65 Degrees F.
<u>TECHNIQUE:</u>	Place towel around neck. Start hosing on the right temple, then the forehead, then the left temple. Go back across forehead, and up and down the left cheek. Finish hosing with 3 clockwise rotations.
<u>AFTERWARDS:</u>	Dry face with a towel.
<u>NOTE:</u>	The client should inhale through the mouth. If necessary, interrupt hosing momentarily so client can catch his breath.
<u>EQUIPMENT:</u>	¾ inch hose, 3 ½ foot long.

CHEST AFFUSION, COLD TEMPERATURE

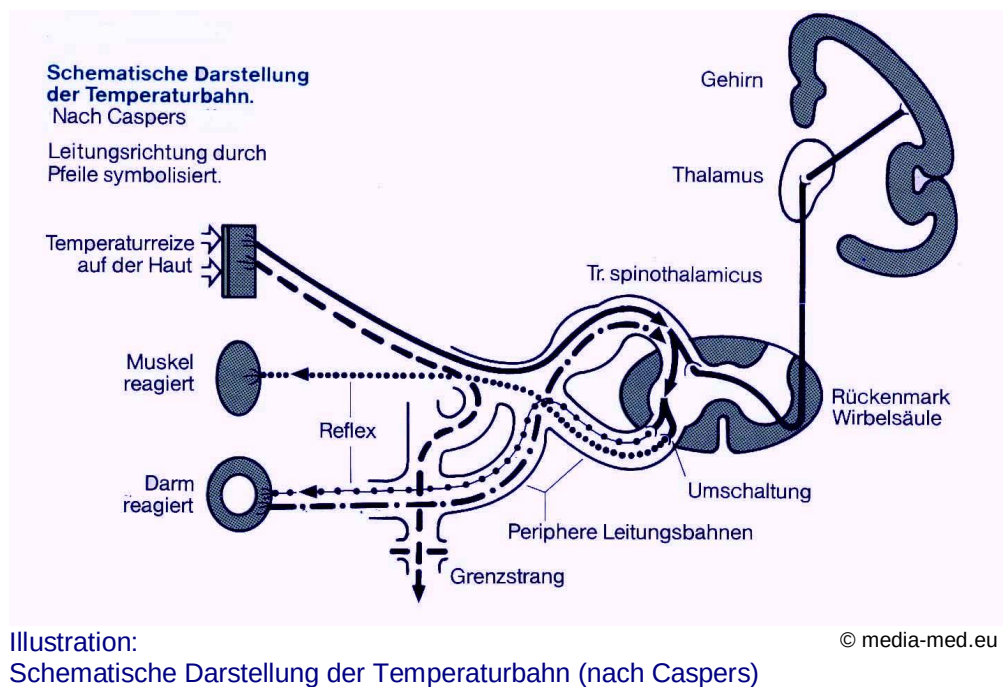
1. COLD AFFUSION RIGHT AND LEFT ARM, CHEST

START
BREATHING

BREATHING

BREATHING

END



CHEST AFFUSION, COLD TEMPERATURE

INDICATIONS:

Weak immune system, overall fatigue.

CONTRAINDICATIONS:

Asthma, over-sensitivity to cold.

EFFECTS:

Increases metabolic rate, refreshing, increases tissue elasticity through increased blood circulation.

TECHNIQUE:

Upper body is bent over affusion rack. Start hosing on the right hand going up the lateral side to the shoulder. Continue to hose shoulder until a light redness appears. Then hose down inside of the arm to the hand. Repeat the same stroke on the left side, then go inside the left arm up to the armpit again, crossing back over the chest twice. Then hose the chest in a figure eight moving back to the armpit, down inside of the arm, to the hand.

AFTERWARDS:

Wipe off the water with hands. Do not towel dry. The affusion should be followed by active exercise or one hour of bed rest.

EQUIPMENT:

¾ inch hose, 3 ½ feet long.

CHEST AFFUSION, ALTERNATE TEMPERATURE

1. WARM AFFUSION RIGHT AND LEFT ARM, CHEST

END

START

2. COLD AFFUSION RIGHT AND LEFT ARM, CHEST

END

START

BREATHING

3. WARM AFFUSION RIGHT AND LEFT ARM, CHEST

END

START

4. COLD AFFUSION RIGHT AND LEFT ARM, CHEST

END

START

BREATHING

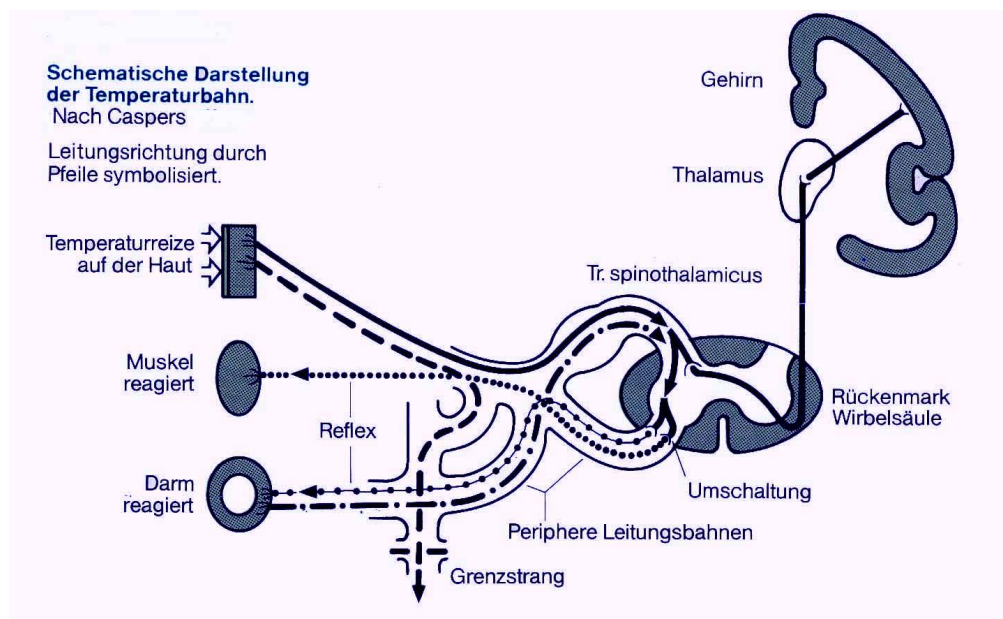


Illustration:

Schematische Darstellung der Temperaturbahn (nach Caspers)

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CHEST AFFUSION, ALTERNATE TEMPERATURE

INDICATIONS:

Weak immune system, fatigue, low blood pressure, cold hands, over-sensitivity to cold.

CONTRAINDICATIONS:

Coronary heart ailments, asthma.

EFFECTS:

Increases metabolic rate, refreshes, stimulates blood circulation and blood flow.

TECHNIQUE:

1. WARM AFFUSION

97-100 Degrees F.

Upper body is bent over affusion rack. Start hosing on backside of the hand up to the outside of the arm to the shoulder. Maintain position until client feels warm and the skin appears red. Then hose down the inside of the arm to the hand. Repeat the same stroke on the left side. Then go up inside the left arm to the armpit, crossing back over the chest twice. Hose the chest in a figure eight pattern. Move back to the armpit down inside of the arm to the hand.

2. COLD AFFUSION

65 Degrees F.

Repeat the above procedure using cold water. The cold affusion should be done quicker than the warm one.

3. WARM AFFUSION:

Same procedure as #1

4. COLD AFFUSION:

Same procedure as #2

AFTERWARDS:

hour

Wipe off the water with hands. Do not towel dry. The affusion should be followed by active exercise or one bed rest.

EQUIPMENT:

¾ inch hose, 3 ½ feet long

LUMBAR AFFUSION, INCREASING TEMPERATURE

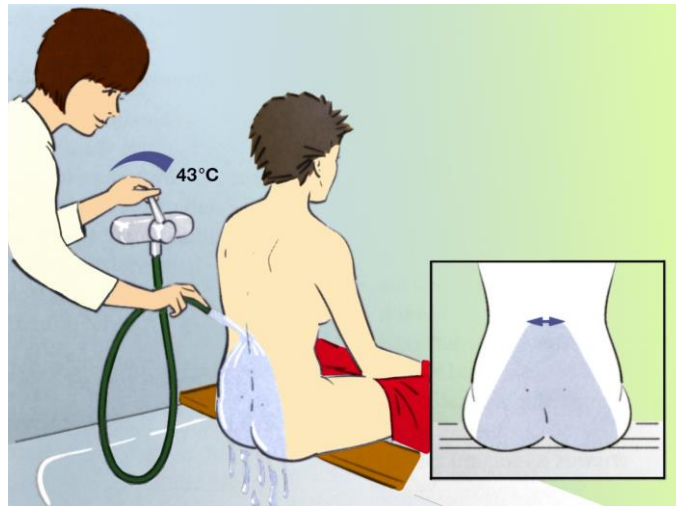


Illustration: Lumbar Affusion,
Increasing Temperature

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LUMBAR AFFUSION, INCREASING TEMPERATURE

<u>INDICATIONS:</u>	Acute lumbago, sciatica, spinal musculature tension.
<u>CONTRAINDICATIONS:</u>	Acute low back disorders.
<u>EFFECTS:</u>	Hyperemia, increases blood flow, relaxes low back muscles, reduces low back spasm, reduces tension in the abdominal and pelvic region.
<u>TECHNIQUE:</u>	Client sits on a chair or on the side of a tub. Start hosing the lower back. The water temperature should start at 93 Degrees F. and gradually increase the temperature to 109 Degrees F.
<u>NOTE:</u>	<u>The temperature must increase gradually</u>
<u>DURATION:</u>	The treatment is finished when the skin is noticeably red.
<u>AFTERWARDS:</u>	Dry with a towel. One hour of bed rest is recommended.
<u>EQUIPMENT:</u>	¾ inch hose, 3 ½ feet long. A comfortable chair.

NECK AFFUSION, INCREASING TEMPERATURE



Illustration: Neck Affusion,
Increasing Temperature

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NECK AFFUSION INCREASING TEMPERATURE

<u>INDICATIONS:</u>	Cervical muscle tension, migraine headaches.
<u>CONTRAINDICATIONS:</u>	Glaucoma, high blood pressure, cardiac insufficiency.
<u>EFFECTS:</u>	Muscular relaxation, increased blood circulation.
<u>TECHNIQUE:</u>	Upper body is bent over the affusion rack. Water runs over the neck and down the left and right shoulder. The temperature should start at 93 Degrees F. and increase to 109 Degrees .
<u>NOTE:</u>	The temperature must be increased gradually.
<u>DURATION:</u>	The treatment is finished when the skin is noticeably red.
<u>AFTERWARDS:</u>	Dry with a towel. One hour of bed rest is recommended.
<u>EQUIPMENT:</u>	¾ inch hose, 3 ½ feet long.

HIGH PRESSURE JET AFFUSION, BLITZ - HOT TEMPERATURE

START

END

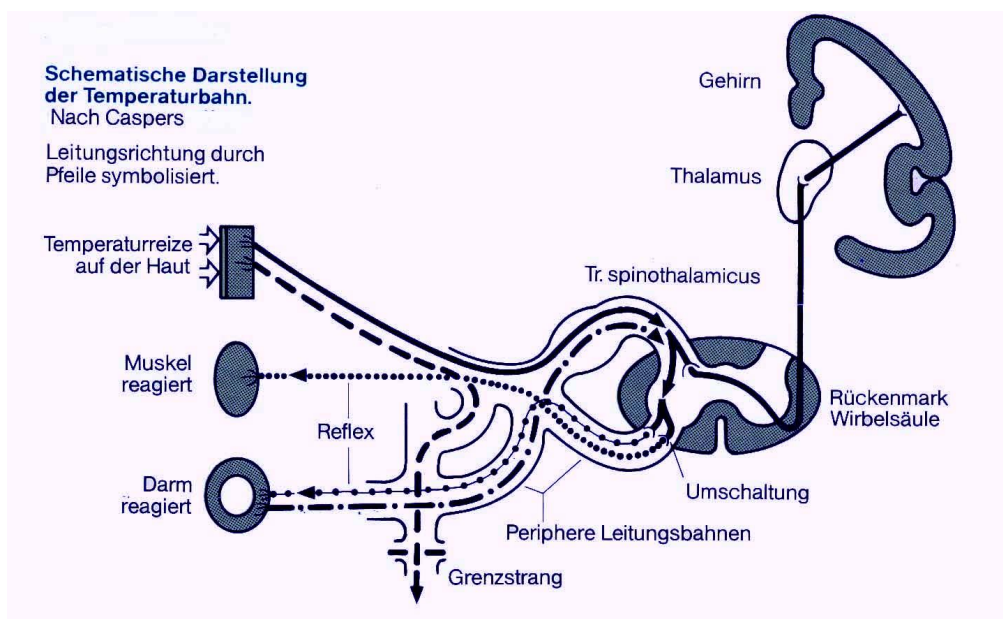


Illustration:
Schematische Darstellung der Temperaturbahn (nach Caspers)

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HIGH PRESSURE JET AFFUSION, BLITZ - JET AFFUSION

A high pressure jet adds a mechanical stimulus to the thermal stimulus. A 3.5MM. 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.

HIGH PRESSURE BLITZ JET AFFUSION, HOT TEMPEARTURE

INDICATIONS:

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

CONTRAINDICATIONS:

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

EFFECTS:

Increases metabolic rate, improves the immune system.

TECHNIQUE:

The temperature is set at 104-113 Degrees F. The treatment begins with a temperate spray produced by pressing the fingertips into the jet at the nozzle. The pressure jet should never remain on one point of the body, but rather it should proceed in slow strokes according to the illustration. The treatment lasts for 2-3 minutes and is concluded with a full body spray at a moderate temperature.

EQUIPMENT:

¾ inch hose, 3 ½ feet long.

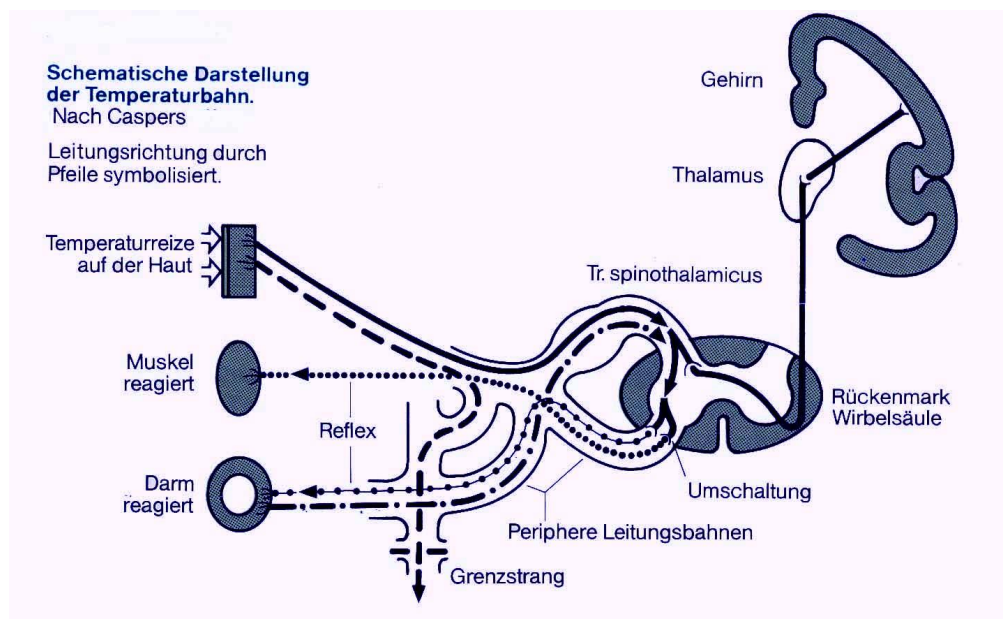


Illustration:
Schematische Darstellung der Temperaturbahn (nach Caspers)

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.**

THE KNEIPP BATHS

In the Kneipp treatments, baths are given as:

*Arm bath

*Foot bath

*Hip bath

*Half bath

*Three quarter bath

*Full bath

THESE BATHS MAY BE TAKEN:

TEMPERATURE SCALE

*Cold	32-65 Degrees F.
*Cool	66-71 Degrees F
*Lukewarm	72-82 Degrees F.
*Intermediate	83-95 Degrees F.
*Warm	96-100 Degrees F.
*Hot	96-100 Degrees F.

Warm baths may be taken with herbal additives such as balm mint, chamomile, lavender, meadowflower or pine needle.

The strength of the stimulus is determined by:

1. Temperature
2. Location and size of area
3. Length of application
4. Individual pretreatment disposition.

ARM BATH, COLD TEMPERATURE



Illustration: Arm Bath,
Cold Temperature

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ARM BATH, COLD TEMPERATURE

<u>INDICATIONS:</u>	Fatigue, heart palpitations, tennis elbow, physical exhaustion.
<u>CONTRAINDICATIONS:</u>	Angina pectoris, heart ailments, cold hands.
<u>EFFECTS:</u>	Lowers heart rate, refreshes, decreases hypertension.
<u>TECHNIQUE:</u>	Fill the arm bath with cold water 37-65 Degrees F. Have client seated comfortably. Both arms are dipped into the water to the middle of the upper arm.
<u>DURATION:</u>	Thirty seconds (depends on water temperature), or until it is too uncomfortable. Best performed in the early afternoon.
<u>AFTERWARDS:</u>	Wipe off arms with hands. Do not towel dry. The arm bath should be followed by arm exercises or bed rest. The arms should be kept warm.
<u>EQUIPMENT:</u>	Arm bath or wash basin, comfortable chair.
<u>HERBAL ADDITIVES:</u>	None.

ARM BATH, WARM TEMPERATURE



Illustration: Arm Bath,
Warm Temperature

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ARM BATH, WARM TEMPERATURE

<u>INDICATIONS:</u>	Local non-inflammatory rheumatic problems, arthritis of the hand, angina pectoris, bronchitis, chronic cold hands.
<u>CONTRAINDICATIONS:</u>	Lymph blockage, lymphedema of the arms, high blood pressure, heart ailments.
<u>EFFECTS:</u> bronchi.	Expands mobility, antispasmodic, soothes, opens
<u>TEHCNIQUE:</u>	Place client in comfortable chair. Fill the arm bath with warm water, 96-100 Degrees F., dip both arms in the arm bath, to the middle of the upper arm.
<u>DURATION:</u>	15 - 20 minutes.
<u>AFTERWARDS:</u>	Towel dry arm, then rest at least 20 - 30 minutes.
<u>EQUIPMENT:</u>	Comfortable chair, arm bath or wash basin.
<u>HERBAL BATH ADDITIVES:</u>	Balm mint, chamomile, lavender, meadowflower, pine needle, rosemary.

ARM BATH, ALTERNATE TEMPERATURE



Illustration: Arm Bath,
Alternate Temperature

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ARM BATH, ALTERNATE TEMPERATURE

<u>INDICATIONS:</u>	Blood circulation problems, high blood pressure, bronchitis.
<u>CONTRAINDICATIONS:</u>	Angina pectoris, heart ailments.
<u>EFFECTS:</u>	Increases blood circulation.
<u>TECHNIQUE:</u>	Have client seated comfortably. Fill one arm bath with warm water 96-100 Degrees F. Fill another arm bath with cold water 65 Degrees F. Dip both arms in the warm water, up to the middle of the upper arm. Repeat the procedure in cold water. Following the time duration.
<u>DURATION:</u>	1. 5 minutes warm water 2. 10 seconds cold water 3. 5 minutes warm water 4. 10 seconds cold water
<u>AFTERWARDS:</u>	Wipe off the arms with hands. Do not towel dry. Exercise arms until warm. Then one hour of bed rest is recommended.
<u>EQUIPMENT:</u>	Two arm baths or wash basins, comfortable chair.
<u>HERBAL BATH ADDITIVES:</u>	In warm water only: Balm mint, chamomile, lavender, meadowflower, pine needle, rosemary.

ARM BATH, INCREASING TEMPERATURE



Illustration: Arm Bath,
Increasing Temperature

© media-med.eu

ARM BATH, INCREASING TEMPERATURE

<u>INDICATIONS:</u>	Angina pectoris, high blood pressure, heart insufficiency headache, asthma, bronchitis, local non-inflammatory rheumatism.
<u>CONTRAINDICATIONS:</u>	Lymph blockage, lymphedema of the arms, varicose veins.
<u>EFFECTS:</u>	Vasodilatation, improves blood circulation.
<u>TECHNIQUE:</u>	Have client seated comfortably. Fill the arm bath with warm water 83-95 Degrees F. Dip both arms in arm bath, up to middle of upper arm. Raise the temperature of water gradually to 105 Degrees F. (This should take 15-20 minutes).
<u>DURATION:</u>	15 - 20 minutes.
<u>AFTERWARDS:</u>	Towel dry arms, 15-30 minutes, bed rest.
<u>EQUIPMENT:</u>	Arm bath or wash basin, comfortable chair.
<u>HERBAL BATH ADDITIVES:</u>	Balm mint, chamomile, lavender, meadowflower, pine needle, rosemary.

FOOT BATH, COLD TEMPERATURE



Illustration: Foot Bath,
Cold Temperature

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FOOT BATH, COLD TEMPERATURE

<u>INDICATIONS:</u>	Venous circulatory disorders, tired feet.
<u>CONTRAINDICATIONS:</u>	Acute bladder/kidney infections, over-sensitivity to cold, female pelvic disorders, coronary deficiencies.
<u>EFFECTS:</u>	Stimulates metabolism, alleviates insomnia, sleep inducing in the evening, influences venous blood flow return, increases blood circulation.
<u>TECHNIQUE:</u>	Fill the foot bath with cold water, 54 Degrees F. As cold as possible, dip both feet into foot bath.
<u>DURATION:</u>	15 seconds - 1 minute
<u>AFTERWARDS:</u>	Wipe water off feet with hands. Do not towel dry. To keep feet warm, the treatment should be followed by leg exercises or bed rest.
<u>EQUIPMENT:</u>	Foot bath tub or large bucket.

FOOT BATH, WARM TEMPERATURE



Illustration: Foot Bath,
Warm Temperature

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FOOT BATH, WARM TEMPERATURE

<u>INDICATIONS:</u>	Arterial circulation disorders, chronic infection, i.e. nose, throat, pharyngeal, weak immune system, chronic constipation, chronic cold feet, preparation for pedicure, after acute phase of ankle/foot contusion.
<u>CONTRAINDICATIONS:</u>	Varicose veins, hyper tension
<u>EFFECTS:</u>	Increases blood circulation, alleviates insomnia, soothes, relaxes.
<u>TECHNIQUE:</u>	Fill the foot bath with warm water 97 - 100 Degrees F. Dip both feet in the water.
<u>DURATION:</u>	10 - 15 minutes.
<u>AFTERWARDS:</u>	Towel dry feet and bed rest for at least 30 minutes.
<u>EQUIPMENT:</u>	Foot bath or bucket.
<u>HERBAL BATH ADDITIVES:</u>	Balm mint, chamomile, lavender, meadowflower, pine needle, rosemary.

FOOT BATH, ALTERNATE TEMPERATURE



Illustration: Foot Bath,
Alternate Temperature

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FOOT BATH, ALTERNATE TEMPERATURE

<u>INDICATIONS:</u>	Chronic cold feet, low blood pressure, insomnia.
<u>CONTRAINDICATIONS:</u>	Varicose veins.
<u>EFFECTS:</u>	Increases body's heat regulatory system, improves blood circulation, stabilizes the nervous system.
<u>TECHNIQUE:</u>	Fill one bath with warm water 97 - 100 Degrees F., and one bath with cold water (as cold as possible). Put both feet in the warm water for 5 minutes, then into the cold water for 10-15 seconds. Repeat the procedure.
<u>DURATION:</u>	1. 5 minutes warm water 2. 10-15 seconds cold water 3. 5 minutes warm water 4. 10-15 seconds cold water
<u>AFTERWARDS:</u>	Wipe feet with hands. Do not towel dry. Exercise legs until warm or bed rest for 1 hour.
<u>EQUIPMENT:</u>	2 foot baths or two large plastic buckets.
<u>HERBAL BATH ADDITIVES:</u>	For warm water only: Balm mint, chamomile, lavender, meadowflower, pine needle, rosemary.

FOOT BATH, INCREASING TEMPERATURE



Illustration: Foot Bath,
Increasing Temperature

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FOOT BATH, INCREASING TEMPERATURE

<u>INDICATIONS:</u>	Acute and chronic bladder/kidney infections, beginning colds like sneezing, chills, feeling weak and tired, cold feet, vascular headache, non-inflammatory problems, leg cramps, menstrual problems.
<u>CONTRAINDICATIONS:</u>	Varicose veins, phlebitis (blood clots), heart problems, minor circulatory problems.
<u>EFFECTS:</u>	Transmits blood circulation to organs, i.e. pelvic areas. Immediate body temperature increase in feet.
<u>TECHNIQUE:</u>	Fill the foot bath with warm water 83-95 Degrees F. <u>Gradually</u> raise water temperature to 101-103 Degrees F. Increase during a 15-20 minute time frame.
<u>DURATION:</u>	15-20 minutes.
<u>AFTERWARDS:</u>	Towel dry feet and stay in bed for at least 15-30 minutes.
<u>EQUIPMENT:</u>	Foot bath or bucket.
<u>HERBAL BATH ADDITIVES:</u>	Balm mint, chamomile, lavender, meadowflower, pine needle, rosemary.

KNEIPP - ABLUTIONS

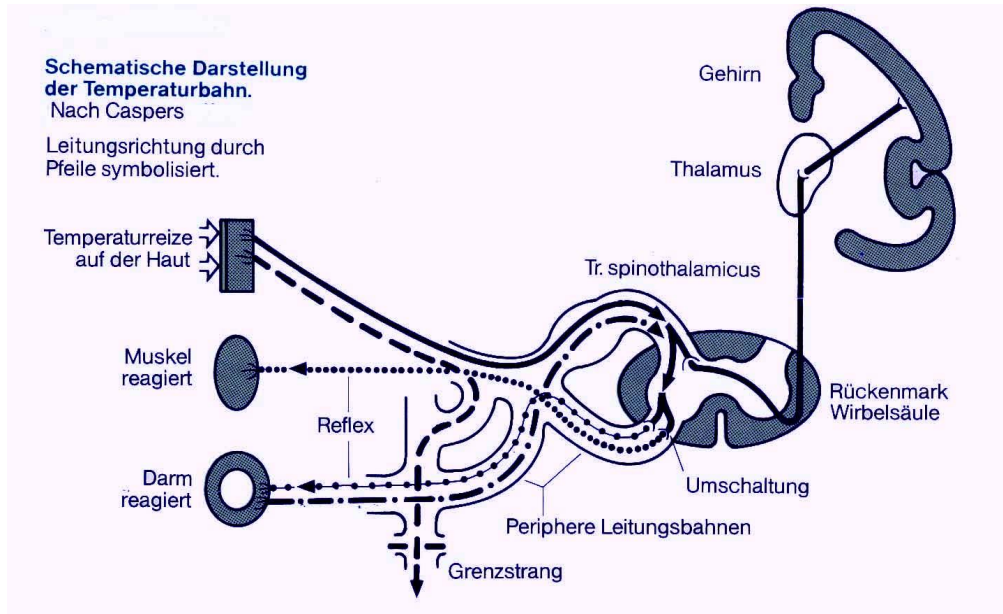


Illustration:
Schematische Darstellung der Temperaturbahn (nach Caspers)

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KNEIPP - ABLUTION

WASHING DOWN WITH A WET CLOTH

Ablution is the mildest form of Kneipp water application, performed with a wet cloth. Ablution differs from the usual cleansing procedure. The washing procedure is divided into whole and part body washings. Treatment should take place in a draft free, warm room. A coarse linen wash cloth is recommended for the procedure. Water should be applied evenly to the body parts being washed.

Ablution enhances blood circulation and is relaxing. Ablution activates the production of heat in the body. The toxic substances in the blood will be increasingly eliminated and even prevented in the limbs.

The stimulating effect of the washing (especially on the skin's circulation) may be augmented with the addition of vinegar to the water. Use one part vinegar to two parts water.

CONTRAINDICATIONS

The fundamental rule to be strictly observed without exceptions is applicable to all water treatments.

Anyone whose body is not sufficiently warm, or who is shivering, should not receive any cold water applications.

ABLUTION, WASHING OF UPPER EXTREMITIES, CHEST AND BACK

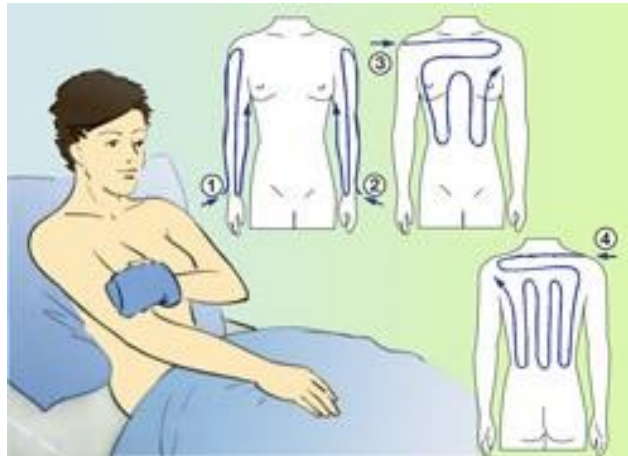


Illustration: ablution,
washing of upper
extremities, chest an
back

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ABLUTION, WASHING OF UPPER EXTREMITIES, CHEST AND BACK

<u>INDICATIONS:</u>	Stress syndrome, dysfunction thermoregulatory system, rheumatism, colds, fever.
<u>CONTRAINDICATIONS:</u>	Over-sensitivity to cold.
<u>EFFECT:</u>	Toughening effect of the skin, blood circulation, stimulates metabolism.
<u>TECHNIQUE:</u>	Dip a coarse linen washcloth in cold water and wash: 1. Right arm - first exterior, to the shoulder, the hand, then the interior to the armpit. 2. Left arm - same procedure 3. Across the chest and then a clockwise stroke across the abdomen. 4. The back side is rubbed down with several strokes.
<u>DURATION:</u>	As quickly as possible.
<u>AFTERWARDS:</u>	Do not dry, but redress in either a night dress or pajamas and get into a warm bed.
<u>EQUIPMENT:</u>	Coarse linen wash cloth.
<u>WATER ADDITIVES:</u>	Vinegar

ABLUTON, WASHING OF THE LOWER EXTREMITIES, BUTTOCKS

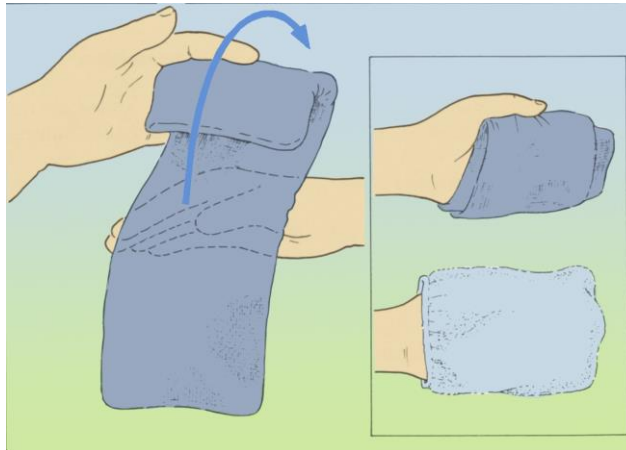


Illustration: ablution,
washing of the lower
extremities, chest an
back

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ABLUTION, WASHING OF THE LOWER EXTREMITIES, BUTTOCKS

INDICATIONS:

Stress syndrome, dysfunction of the body's thermoregulatory system (rheumatism, cold, fever), blood circulation increasing, insomnia, varicose veins, thyroid over-activity.

CONTRAINDICATIONS:

Over-sensitivity to cold, bladder/kidney infection, inflammation or infection of the female pelvic organs.

EFFECTS:

Toughening effect on skin, reduces insomnia, stimulates metabolism, promotes digestive process.

TECHNIQUE:

Dip a coarse linen washcloth into cold water and wash:

1. Right leg - first exterior front
2. Left leg front
3. Right leg back
4. Left leg back
5. Soles of the feet.

DURATION:

As quickly as possible

AFTERWARDS:

Do not dry. Redress in either a nightdress or pajamas and get into a warm bed.

EQUIPMENT:

Coarse linen washcloth, cold water.

WATER ADDITIVES:

Vinegar.

ABLUTION, WASHING DOWN OF THE WHOLE BODY

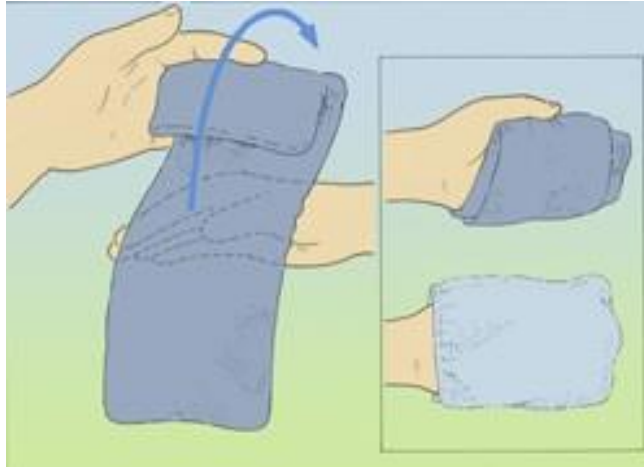


Illustration: ablution,
washing down of the
whole body

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ABLUTON, WASHING DOWN OF THE WHOLE BODY

INDICATIONS:

Immune deficiency, stimulated blood flow, poor skin blood circulation, insomnia, chronic rheumatic disease.

CONTRAINDICATIONS:

Over-sensitivity to cold.

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. Back side - is wash down with several strokes.
7. Right leg back - start with the heel.
8. Left leg back - start with the heel.
9. Right and left soles of the feet.

DURATION:

As quickly as possible.

AFTERWARDS:

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

EQUIPMENT:

Coarse linen washcloth, cold water.

NOTE: For bedridden clients, this is a good procedure for body hardening and conditioning.

ABLUTION, WASHING DOWN OF THE ABDOMEN

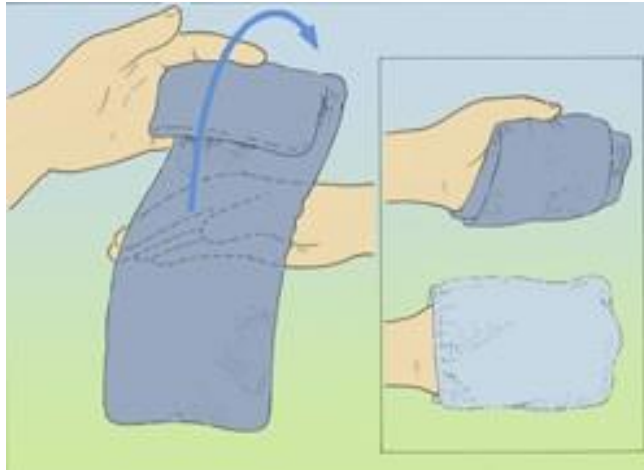


Illustration: ablution,
washing down of the
abdomen

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ABLUTION, WASHING DOWN OF THE ABDOMEN

<u>INDICATIONS:</u>	Insomnia, dysfunction of the digestive organs.
<u>CONTRAINDICATIONS:</u>	Over-sensitivity to cold, inflammation, bladder/kidney infection.
<u>EFFECTS:</u>	Alleviates insomnia, stimulates digestive organs.
<u>TECHNIQUE:</u>	Dip coarse linen washcloth into cold water, rub the abdomen with the wash cloth clockwise 20-40 times. Immerse washcloth several times during treatment.
<u>DURATION:</u>	2-5 minutes.
<u>EQUIPMENT:</u>	Coarse linen washcloth, cold water.
<u>NOTE:</u>	Bend the client's knees in a comfortable position. Before you start the treatment, the bed should be warmed up.
<u>WATER ADDITIVES:</u>	Vinegar.

ABLUTION, WASHING DOWN OF ARMS/LEGS

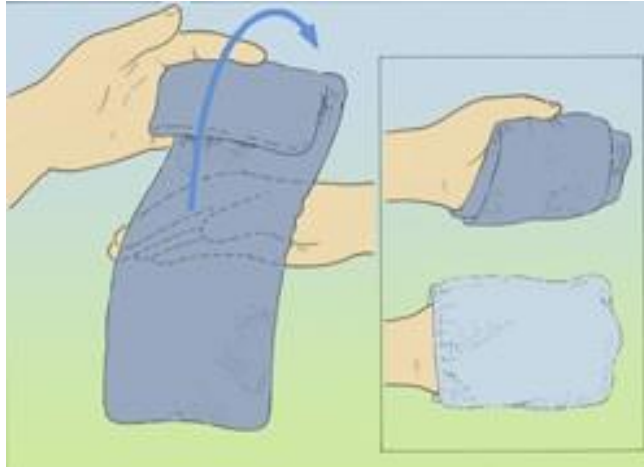


Illustration: ablution,
washing down of
arms/legs

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ABLUTION, WASHING DOWN OF ARMS/LEGS

<u>INDICATIONS:</u>	Fever, acute infections.
<u>CONTRAINDICATIONS:</u>	Over-sensitivity to cold, cold hands or feet.
<u>EFFECTS:</u>	Reduces fever, increases perspiration, increases blood circulation, refreshes.
<u>TECHNIQUE:</u>	Put client in bed then dip a coarse wash cloth into cold water. Washing down begins with lower part of the legs or lower part of the arms.
<u>DURATION:</u>	As quickly as possible.
<u>AFTERWARDS:</u>	Do not dry, cover client well with a blanket.
<u>NOTE:</u>	If the client feels warm again, repeat the same procedure for as long as the client perspires.
<u>EQUIPMENT:</u>	Coarse linen wash cloth, cold water.
<u>WATER ADDITIVES:</u>	Vinegar.

KNEIPP BODY WRAPS, PACKS AND COMPRESS

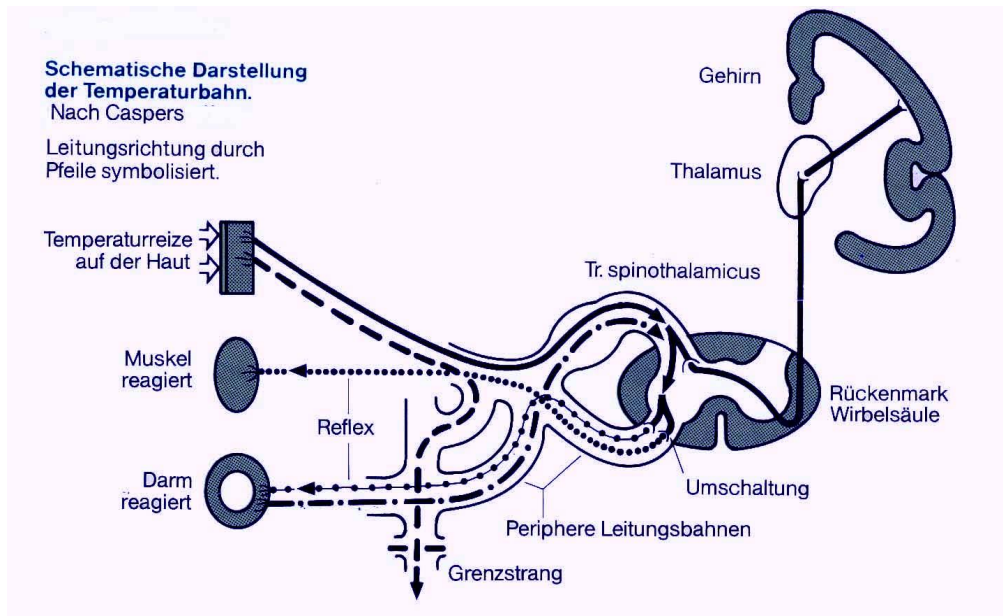


Illustration:
Schematische Darstellung der Temperaturbahn (nach Caspers)

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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.

TYPES OF WRAP:

Chest Wrap	Throat Wrap
Lumbar Wrap	Shawl Wrap
Foot Wrap	Short Wrap
Calf Wrap	Leg Wrap
Hand 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.

RULES ABOUT KNEIPP BODY WRAPS

1. Wraps are applied in bed. They can be administered cold, moderate, or in hot temperature.
2. Additives such as vinegar, argillaceous earth (clay), salt, and hayflowers are permitted.
3. Digestive tract should be cleared prior to wrap.
4. Hot wraps must be applied as hot as possible. Burns must be avoided.
5. The wrap must be removed as quickly as possible.
6. After the wrap, the client should rest for 30-60 minutes.
7. The client should not read or watch television.
8. All wraps must fit snugly around the body.
9. Each cloth is wrapped in the same manner.
10. The room temperature where the wrap is applied should be 64 Degrees F.
11. Avoid drafts during the treatment.
12. Full body wraps should not be administered after meals.

CALF WRAP, COLD TEMPERATURE

CALF WRAP, COLD TEMPERATURE

AN EASY TO USE, HOME REMEDY: MINIMUM EFFORT-MAXIMUM BENEFITS

INDICATIONS:

Acute fever, local inflammation, venous inflammation, high blood pressure, over-exertion after standing or walking for long periods and insomnia.

CONTRAINDICATIONS:

Acute bladder/kidney infection, sciatica, onset of fever, cold feet.

EFFECTS:

Reduces inflammation, reduces pain, relaxes and lowers blood pressure.

TECHNIQUE:

Dip coarse linen cloth wrap into cold water and then wring out. Without wrinkling the cloth, wrap it snugly around the calf. The calf wrap covers the area from the ankle to the knee. Wrap the coarse linen (interior) tightly around the skin. The next layer is the cotton cloth which should be wrapped with a 2 inch overlap. The wool cloth is then wrapped as the exterior layer. Avoid extending the wool wrap over the cotton cloth. After the treatment, bed rest is recommended.

DURATION:

Approximately 15-20 minutes, or as soon as the wrap feels warm to the client.

EQUIPMENT:

1 Coarse linen cloth	12 in. x 30 in.
1 Cotton cloth	13 in. x 30 in.
1 Wool cloth	12.5 in. x 30 in.



Illustration: calf wrap,
cold temperature

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WET SOCKS

WET SOCKS

INDICATIONS:

Insomnia, varicose veins.

CONTRAINDICATIONS:

Menstruation, acute bladder/kidney infection, cold feet, over-sensitivity to cold.

TECHNIQUE:

Dip coarse linen socks into cold water, then wring them out. Put on wet linen socks, and then put on wool socks.

DURATION:

To enhance sleep: 15-20 minutes or as soon as the socks feel warm to the client (can be worn all night.)
For varicose veins or circulation problems in the legs, the socks should be removed before they become warm.

HERBAL ADDITIVES:

Meadowflower, clay water.

EQUIPMENT:

Linen socks, wool socks.



Illustration:
wet socks

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CHEST WRAP, COLD TEMPERATURE

INDICATIONS:

Acute bronchitis, inflammation of the lungs (pneumonia) pleurisy.

CONTRAINDICATIONS:

Over sensitivity to cold.

EFFECTS:

Reduces inflammation, a short cooling off period causes a rewarming of the body and increases the blood circulation, breaks down bronchial secretion, reduces fever and pain.

TECHNIQUE:

Dip the coarse linen cloth into cold water and then wring out. The cold moist chest wrap reaches from the armpit to the pelvic crest. The wrap must fit snugly. Wrap the coarse linen cloth tightly around the skin. The next layer is the cotton cloth which should be wrapped leaving a 1 ½ inch overlap. The final layer is the wool cloth which should not touch the skin. After wrapping, bed rest is recommended.

DURATION:

45 - 75 minutes or as soon as the wrap feels warm to the client.

NOTE:

Chest wrap enhances the effect of oral cold medication. The goal of the treatment is to create heat. Herbal additives and clay water can be used.

EQUIPMENT:

1 Coarse linen cloth	16 x 75 in.
1 Cotton cloth	19 x 75 in.
1 Wool cloth	17 x 75 in.

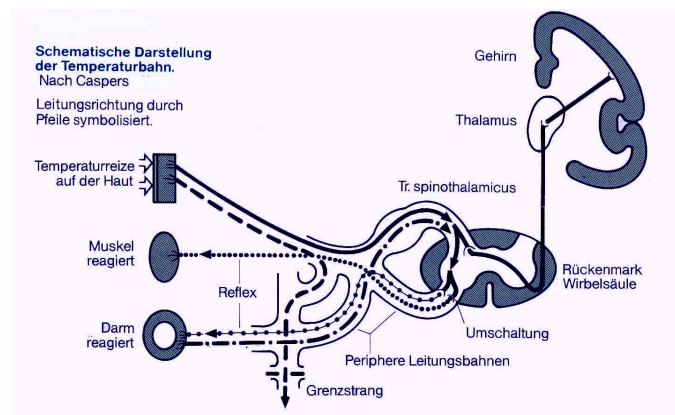


Illustration:
Schematische Darstellung der
Temperaturbahn (nach Caspers)

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CHEST WRAP, HOT TEMPERATURE

INDICATIONS:

Chronic bronchitis.

CONTRAINDICATIONS:

Fever.

EFFECTS:

Bronchodilation, enhances bronchial secretion.

TECHNIQUE:

Dip the coarse linen cloth into very hot water, and then wring out. The hot moist chest wrap covers the area from the armpit to the pelvic crest. The wrap must fit snugly. Wrap the coarse linen cloth tightly around the skin. The next layer is the cotton cloth which should be wrapped leaving a 1 ½ inch overlap. The final layer is the wool cloth which should not touch the skin. After wrapping, bed rest is recommended.

DURATION:

The wrap stays as long as it feels warm to the client.

NOTE:

It is optional to rub the chest and back with an essential oil prior to the wrap. Herbal additives can be used in hot water.

EQUIPMENT:

1 Coarse linen cloth	16 x 75 in.
1 Cotton cloth	19 x 75 in.
1 Wool cloth	17 x 75 in.

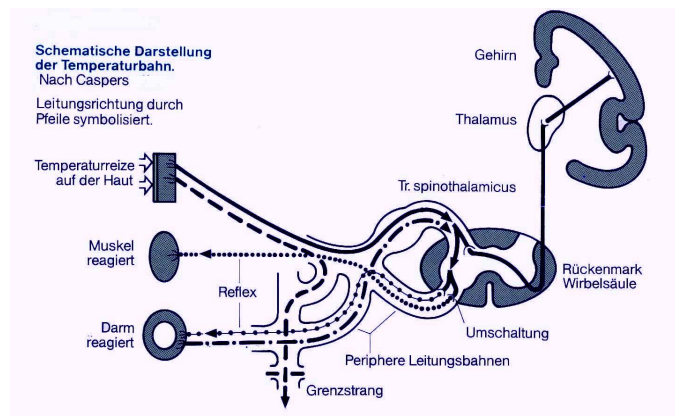


Illustration:
Schematische Darstellung der
Temperaturbahn (nach Caspers)

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THROAT WRAP, COLD TEMPERATURE

INDICATIONS:

Acute throat inflammation.

CONTRAINDICATIONS:

Onset of a cold or a fever.

EFFECTS:

Withdrawing heat.

TECHNIQUE:

Dip coarse linen cloth into cold water and squeeze it out. The cold wrap should cover the neck completely. Wrap the coarse linen cloth tightly around the skin. The next layer is the cotton cloth which should be wrapped leaving a 1 ½ inch overlap. The final layer is the wool cloth which should not touch the skin. After wrapping, bed rest is recommended.

DURATION:

Acute processes: When the wrap no longer feels cold to the client, you can apply the second wrap immediately. The wrap can be applied twice a day (once in the morning, and once in the evening).

EQUIPMENT:

1 Coarse linen cloth	4 x 28 in.
1 Cotton cloth	6 x 28 in.
1 Wool cloth	5 x 28 in.

NOTE:

If pain increases during the treatment, remove the wrap immediately.



Illustration:
throat wrap, cold temperature

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LUMBAR WRAP, COLD TEMPERATURE

INDICATIONS:

Chronic indigestion ,abdominal and mucus membrane inflammation, high blood pressure and insomnia.

CONTRAINDICATIONS:

Menstruation, acute kidney infection.

EFFECTS:

Stabilizes digestive organs, enhances sleep, relaxes autonomic nervous system, reduces pain.

TECHNIQUE:

Dip the coarse linen cloth into cold water and then wring out. The wrap covers the lower trunk and upper part of the thighs. The wrap must fit snugly. Wrap the coarse linen cloth tightly around the skin. The next layer is the cotton cloth which should be wrapped with a 1 ½ inch overlap. The exterior layer is the wool cloth, which should not touch the skin. After wrapping, bed rest is recommended.

DURATION:

45 - 75 minutes.

EQUIPMENT:

1 Coarse linen cloth	16 x 75 in.
1 Cotton cloth	20 x 75 in.
1 Wool cloth	18 x 75 in.

NOTE:

If the client does not get warm after about 10 minutes, offer a cup of hot tea or a hot water bottle.



Illustration:
lumbar wrap, cold temperature

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KNEIPP-HAYPACK, GENERAL DESCRIPTION

INDICATIONS:

Applicable to area with muscular tension and/or joint discomfort, degeneration of the joints, degeneration of the spine, or acute bronchitis.

CONTRAINDICATIONS:

Heart disease, inflamed area of treatment.

EFFECTS:

Relaxes, increases blood circulation, reduces pain, calms.

TECHNIQUE:

Moisten the herbal pack with water. Then place herbal pack in a steamer or in a hydro-infuser. Steam the pack for approximately 30 minutes. Remove the haypack carefully from the steamer and shake it with both hands. Apply the haypack carefully. Observe the skin's reaction to the pack. Gradually wrap tighter. After wrapping, cover client with a blanket.

DURATION:

Remove the pack before it cools down (usually 45 minutes). Have client rest for 30 - 60 minutes after the treatment.

NOTE:

Be careful not to burn the skin, especially when haypack has just been removed from the steamer.

EQUIPMENT:

1 Wool blanket
1 Linen cloth
1 Meadowflower herbal pack.



Illustration:
Kneipp Haypack, General
Description

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NECK HAYPACK, HOT TEMPERATURE

INDICATIONS:

Tightness in the neck, cervical syndrome.

CONTRAINDICATIONS:

Neuritis, inflammation of the skin in the area of treatment.

EFFECTS:

Relaxes muscles, reduces spasms, increases blood circulation, stimulates metabolism, reduces pain.

TECHNIQUE:

Apply the hot haypack tightly onto the neck. Be careful not to burn the skin. In order to avoid heat from escaping, wrap the haypack snugly.

DURATION:

As long as the pack feels warm.

EQUIPMENT:

1 Wool blanket
1 Linen cloth
1 Meadowflower haypack



Illustration:
Neck Haypack, Hot Temperature

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LUMBAR HAYPACK, HOT TEMPERATURE

INDICATIONS:

Chronic coxarthrosis, chronic lumbago

CONTRAINDICATIONS:

Acute lumbago, inflammation in the area of treatment.

EFFECTS:

Relaxes muscles, reduces spasms, stimulates blood circulation, calms, reduces pain.

TECHNIQUE:

Apply the haypack carefully on the side position of the client. Fasten haypack tightly and be careful not to burn the skin. In order to avoid heat from escaping, wrap the haypack snugly. The client can lie sideways or lie comfortably on the back.

DURATION:

As long as the haypack feels warm to the client.

EQUIPMENT:

1 Wool blanket
1 Linen cloth
1-2 Meadowflower haypacks



Illustration:
Lumbar Haypack, Hot
Temperature

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HOT COMPRESS, GENERAL DESCRIPTION

<u>INDICATIONS:</u>	Muscular tension for cervical, lumbar and abdominal areas.
<u>CONTRAINDICATIONS:</u>	Inflammation in the area of treatment.
<u>EFFECTS:</u>	Relaxes muscles, reduces spasms, increases blood circulation, stimulates metabolism, reduces pain, calms.
<u>TECHNIQUE:</u>	Dip the coarse linen sheet into hot water. Remove the folded sheet carefully from the hot water. Roll sheet in a dry towel. Wring excess water out of towel. Fold wet compress in a dry towel. Apply hot compress to the respective body part (e.g. neck, stomach, lower back). In order to avoid heat from escaping, wrap client snugly.
<u>DURATION:</u>	Until hot compress cools down, client should rest for 60-75 minutes after the treatment.
<u>NOTE:</u>	Be careful not to burn the skin.
<u>EQUIPMENT:</u>	1 Coarse linen cloth 1 Cotton cloth 1 Wool cloth 2 Towels

ABDOMINAL COMPRESS, HOT TEMPERATURE

INDICATIONS:

Bloating, spasms in the area of treatment.

CONTRAINDICATIONS:

Inflammation in the abdominal area, pregnancy.

EFFECTS:

Relaxes muscles, increases blood circulation.

TECHNIQUE:

Dip the folded, coarse linen sheet into hot water. Remove the folded sheet carefully from the water. Roll sheet in a dry towel. Wring out excess water. Fold wet compress in a dry towel. Apply hot pack to the respective body part. In order to avoid heat from escaping, wrap client snugly.

DURATION:

As long as the compress feels warm.
The client should rest for at least one hour after treatment.

NOTE:

Be careful not to burn the skin.

EQUIPMENT:

- 1 Coarse linen cloth
- 1 Cotton cloth
- 1 Wool cloth
- 2 Towels

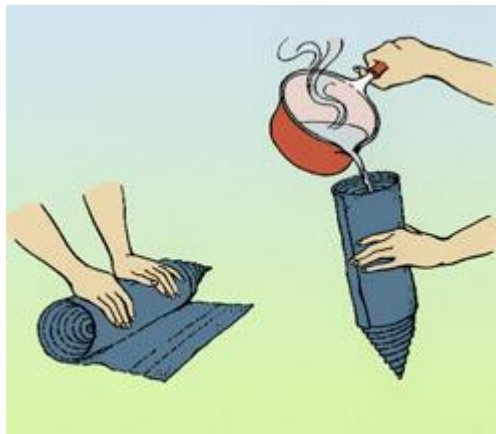


Illustration:
Abdominal Compress, Hot
Temperature

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ABDOMINAL COMPRESS, COLD TEMPERATURE

INDICATIONS:

Constipation, indigestion, fever.

CONTRAINDICATIONS:

Menstruation pregnancy.

EFFECTS:

Promotes digestion, reduces inflammation.

TECHNIQUE:

Dip the folded, coarse linen sheet into cold water. Remove the folded sheet and wring excess water out. Apply the cold pack to the respective body part. Wrap the client. The client should rest for at least one hour after the treatment.

EQUIPMENT:

1 Coarse linen cloth
1 Linen cloth
1 Wool cloth

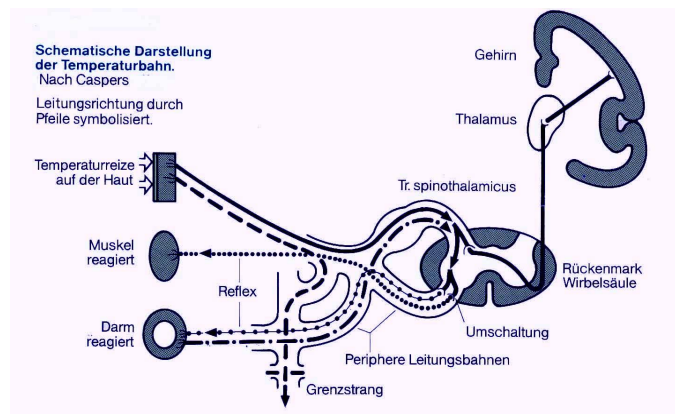


Illustration:
Schematische Darstellung der
Temperaturbahn (nach Caspers)

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THE HOT ROLL, GENERAL DESCRIPTION

A hot rolled towel is a practical means of applying heat to a small area of the body. This is a popular treatment for athletic injuries because the necessary materials are readily available.

Five medium-sized towels are necessary. Fold four of the towels lengthwise (place the fifth towel aside, it will be used later). The first towel is rolled up like an elastic bandage (a spiral - shaped point should protrude along one edge and a funnel shaped hollow is formed on the other side). The second towel is wrapped cylindrically around the first, but with the edges even with the final turns of the first towel. The point and the funnel are not enlarged. The third and fourth towels are then wrapped around the first two towels. The towels should be wrapped as tightly as possible so that water is unable to drip out. After all four towels have been wrapped, pour a liter of boiling water into the funnel shaped form.

The four towels completely absorb the water. Now the fifth towel is wrapped around the roll, so that a bit of the towel extends on all sides. This is important, so that the therapist can get a good grasp on the towel. Their use is then relatively simple. The pack is placed against the area to be treated using a gentle pressure. After a brief period of contact, it is removed for a moment and then replaced. The process continues in this rhythmic form until the body has become accustomed to the heat. After this point has been reached, the towel roll is left on the body for longer periods of time and finally is no longer removed. Gentle massaging movements are included in the treatment. There is no chance of cooling, first because the skin maintains a high temperature and, second because the towel roll is repeatedly run over the entire surface even though smaller areas are treated at short intervals throughout the treatment. After even a short time, the skin becomes deeply flushed, and remains so for quite some time. When the outer towel is no longer hot enough, it is slowly unwrapped.

The hot rolled towel maintains its temperature practically unchanged in its interior throughout. Gradually the towels are unrolled. The rate at which the towels are unwrapped depends on how fast the outer layer cools and on the sensitivity of the individual client. The last towel is not rolled up completely, rather the therapist spreads it over the treated area and leaves it there until the client no longer feels its warmth. Treatment with hot rolled towels lasts about 15 minutes. Among the advantages of this form of treatment is that it permits individual variations. It also permits treatment in a wide range of temperatures.

The hot rolled towel is an excellent treatment for athletes with over-strained spinal columns.

Treatment with incandescent irradiation and hot moist towels is similar to the treatment of hot rolled towels. Athletes prefer this treatment, because it is simple to administer. The warm, moist towel is laid on the treated body part. Then the incandescent lamp is placed over it. The length of application is 15-20 minutes.

KNEIPP BODY HARDENING AND CONDITIONING PROGRAM

DRY BRUSHING

INDICATIONS:

Hypertension, low blood pressure, toughening defects of the skin, hyperactive tendencies, mild varicose veins, insomnia.

CONTRAINDICATIONS:

Acne inflammatory skin ailments, skin injuries, hyperactive tendencies, inflamed varicose veins, insomnia.

EFFECTS:

Skin regenerating and toning. Stimulates skin metabolism and sloughing, stimulates circulation with reflex effects on internal organs.

TECHNIQUE:

LOWER BODY:

1. Right foot and sole, right calf (brush in a circular fashion). Right thigh, first exterior then interior.
2. Repeat procedure on left leg.
3. Buttocks

UPPER BODY:

1. Right hand and arm, exterior then interior (lengthwise).
2. Repeat procedure on left arm.
3. Chest towards sternum.
4. Brush abdomen clockwise.
5. Brush neck towards shoulder.
6. Upper back.
7. Lower back.
8. Face (use soft bristle brush).

DURATION:

Until skin appears red, usually five minutes.

POST TREATMENT:

Cold washing, snow-rub, oil the skin, exercises.

EQUIPMENT:

Brush (natural bristles).

SPECIAL CONSIDERATIONS:

Best performed in the morning after getting up. Evening usage can cause sleep disturbances.



Illustration: Dry Brushing

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AIRBATH

INDICATIONS:

General body defense sufficiency, psoriasis vulgaris, poor healing, and infected skin.

CONTRAINDICATIONS:

Acute eczema, tuberculosis, sun allergies, hepatitis, hyper-thyroidism. Cannot receive treatment if under medication that causes photo-sensitivity, autonomic hyperactivity, under pigmentation, cardiac inflammation, acute arthritic inflammatory diseases, and mucus membrane inflammations.

EFFECTS:

Improves general immunity, stimulates metabolism.

TECHNIQUE:

Natural shade: Trees, bushes, cover body parts alternately. To cool down: cool bath, shower, washing, affusion, etc. Pauses slow cooling as indicated above.

NOTE:

If client has a fever or heat stroke, pay close attention during the cooling phase, washings, and monitor liquid intake. If client has a sunstroke, gentle cooling and a physician's assistance is recommended. Prevent injury with a sensible, well dosed application.

EQUIPMENT:

Plenty of fluid intake, sunscreen.

SPECIAL CONSIDERATIONS:

1. Never jump into cold water without previously cooling down possible cardiac arrest.
2. Be careful in high altitudes or when near water (increased strength of rays).
3. Differentiate between natural sunlight and artificial rays.

DEW WALKING

INDICATIONS:

Mild arterial circulation disorders (1st Degree), venous disturbances of the legs, morning fatigue.

CONTRAINDICATIONS:

Menstruation, urinary infections, bladder and kidney ailments, sciatic pains, shivers, cold feet, arterial occlusion disorders (2nd-4th Degree).

EFFECTS:

Promotes circulation, strengthens foot and calf muscles, strengthens veins, stabilizes autonomic system, prevents infection.

TECHNIQUE:

Walk on dew moistened grass for about five minutes with warm feet. Stop if a cutting pain occurs.

EQUIPMENT:

Dew moistened lawn.

DURATION:

Approximately ten minutes.

SPECIAL CONSIDERATIONS:

Avoid undercooling.

WATER TREADING

INDICATIONS:

Insomnia, mild arterial circulation disorders (1st degree), venous disturbances in the legs, venous circulation disorders. Conditions resulting from thrombophlebitis, disturbances with warmth regulation, susceptibility to infections, tendency to hypertension, cardiac neurosis, cardiac stenosis, headaches stemming from the blood vessels, dazed states, climactic sensitivity.

CONTRAINDICATIONS:

Menstruation, urinary infections, bladder and kidney ailments, female pelvic disorders, arterial circulation disorders (2nd-4th Degree). Chills, cold legs and feet.

EFFECTS:

Strengthens the veins, influences venous return followed by warming, stimulates circulation (hyperemia). Induces sleep, soothing, stimulates metabolism.

TECHNIQUE:

With bare legs, “stork walk” by lifting leg out of water with each step. Can also be done seated.

EQUIPMENT:

Treading basin, bathtub, river, etc. (the water level should be at least one hand width below the knee.)

DURATION:

Depends on water temperature; approximately 30-60 seconds. Stop if cutting pain occurs. Wipe water off and put socks and shoes on immediately. Reheat body by walking.

SPECIAL CONSIDERATIONS:

Avoid undercooling, reheating is necessary (wearing warm socks to bed or exercising). Never tread water during an arm bath. Water treading is best performed with warm feet.



Illustration: Water Treading

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SNOW WALKING

INDICATIONS:

Chronic headaches, susceptibility to infection, fatigue.

CONTRAINDICATIONS:

Chills, cold feet, menstruation, female abdominal disorders, urinary infections, arterial circulation disorders (2nd-4th Degrees).

EFFECTS:

Stimulates circulation, refreshes.

TECHNIQUE:

Begin by walking in the snow for a few seconds or until cutting sensation occurs. After training you will be able to walk in the snow for about three minutes. The walk should be followed by reheating (e.g. wearing wool socks, brisk walking, rubbing, etc.).

EQUIPMENT:

Soft snow, wool socks.

DURATION:

Approximately three minutes.

SPECIAL CONSIDERAITONS:

Perform in soft snow only (hazard of cuts if performed on hard snow). Avoid slipping by walking carefully. Do not come in contact with metal or remain standing in the snow (may get frostbitten.)

SAMPLE KNEIPP PROGRAM

<u>WEEK 1</u>	<u>Early Morning</u>	<u>Late Morning</u>	<u>Afternoon</u>
Monday	Upper Body Washing and Face, Cold.	Arm Affusion Alternate Cold.	Knee Affusion
Tuesday	Lower Body Washing	Chest Affusion Alternate and Face Cold, Alternate	Knee Affusion
Wednesday	Whole Body Washing	¾ Bath Hayflowers after Full Body Affusion, Cold	
Thursday	Haypack Neck	Alternate Leg Affusion	Arm Affusion Alternate
Friday	Whole Body Washing	Chest Affusion Alternate and Face	Footbath Alternate
Saturday	Haypack Lumbar	Lumbar Affusion, Increasing Temperature	
<u>WEEK 2</u>			
Monday	Whole Body Washing	¾ Herbal Bath, after Full Body Affusion, Cold	Knee Affusion Cold
Tuesday	Haypack, Neck	Neck Affusion increasing	Knee Affusion
Wednesday		Armbath Alternate Temp.	Cold
Thursday	Calf Wrap Cold	Chest Affusion Alternate Temperature	Knee Affusion Cold
Friday	Haypack Neck	Neck Affusion increasing Temperature	Knee Affusion Cold
Saturday	Whole Body Washing	¾ Herbal Bath, after Full Body Affusion, Cold	
<u>WEEK 2</u>			
Monday	Upper Body Washing	Knee Affusion Alternate	Armbath Cold
Tuesday	Lower Body Washing	Arm Affusion Cold & Face	Knee Affusion Alternate
Wednesday		¾ Herbal Bath, after Full Body Affusion, Cold	
Thursday	Upper Body Washing	Foot Bath Alternate Temp.	
Friday	Haypack Neck		Knee Affusion Cold
Saturday		Arm and Face Affusion Alternate Temperature	

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allergies, asthma, gastric pains, rheumatism, holistic medicine, natural
medicine, komplementary medicine, obesity, headache, intestinal disorders

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