

## Contrast Fomentations



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## Sister Kenny for Polio

- 1930's in Australia-helped polio victims completely recover without crippling
- Helped to cure polio with hot fomentations



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## Sister Kenney for Polio

- During the acute stage fomentations were changed every hour around the clock
- After the acute stage, hot fomentations continued, with passive exercise to the limbs.

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## 1918 Flu/Spanish Flu

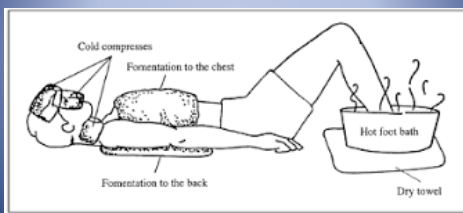
- A flu that killed 20-50 million people worldwide
- Full Hydrotherapy tx to the chest front and back with feet in hot water



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## Battle Creek Sanitarium and the Spanish Flu

- Dr. Harvey Kellogg - Healed all that could walk in with fomentations



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## Applications

- Chest
- Abdomen
- Areas of Pain (not appendicitis)



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## Making a Hot Fomentation



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## Put into Any Microwaveable Plastic Bag



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## Making a Hot Fomentation



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## Benefits

- Increase circulation
- Increase circulating WBC's
- Decrease tension

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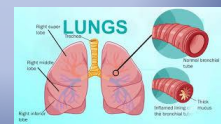
## Cold Mitten Friction



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## Benefits to Fomentations

- Muscle spasms
- Sciatica
- Bronchitis



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## Contraindications of Fomentations

- Malignancy
- Hemorrhaging



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## Contraindications of Fomentations

- Gastic Ulcers
- Lack of Sensation/Paralysis



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