

# Whirlpool Temperatures for Physical Treatment

Whirlpool Use and Whirlpool Temperatures for Physical Therapy.

In physical therapy, whirlpool refers to a unique kind of bath tub used in water baths or hydrotherapy. Whirlpools can be either cold or hot with adjustable whirlpool temperatures for physical therapy.

There are various types of whirlpools. They can be irreversible fixtures or portable sets. Some whirlpool styles allow full body submersion and others are made for treatment of extremities only. There are cold whirlpools, which is frequently for treatment of single parts of the body, and warm whirlpools, for full body therapy.

Typically, cold whirlpool temperatures for physical treatment are set at a range of 50° F to 70° F while warm whirlpool temperature levels for physical therapy varieties from 100° F to 110° F. Depending on the temperature, whirlpool treatments can last from 10 minutes as much as 30 minutes.

In addition, wound care is one of the common usages of whirlpools in physical therapy. Warm whirlpool temperatures for physical therapy injury treatment clean wounds; increases blood flow in the wounded area as well as eliminate discomfort.

Physical therapists follow a guide for the administration of whirlpool treatment for injury care. Depending on your injury, whirlpool treatment may include the use of an antibacterial.

Therapists closely keep an eye on whirlpool temperatures for physical treatment. Typically, therapists keep the water temperature level at 92 ° F to 96 ° F and not exceeding 38 ° C for clients with cardiopulmonary illness. The higher the temperature of the water the higher is the blood circulation.

Healthcare clinics and centers have rigorous policies when it pertains to sanitation in whirlpool or water therapy. Personnel need to appropriately clean whirlpool tanks and utilize disinfectants to prevent infections.

Whirlpool treatment is not for all injury patients. Your therapist will assess if whirlpool treatment is suitable to your health condition and type of injury.

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