



Massage Therapist Association of Alberta
Standards of Practice

Standard 45

Category: Technique

Ratified: September 13, 2008

Amended:

Rescinded:

Apply Hydrotherapy

Conditions:

Given that the client's treatment plan indicates a need to use hydrotherapy.

Task:

Apply hydrotherapy.

Standard:

Quality / Technical & Interpersonal:

- So that you describe to the client how the hydrotherapy application would be performed, including its intended effect and possible negative reactions.
- So that you provide the client with an opportunity to ask questions.
- So that you regularly observe the client's physical reactions and inquire as to the client's comfort.
- So that the hydrotherapy treatment is pre-tested on a small area (patch test) if there is any concern about the client's ability to tolerate the temperature or type of application.
- So that the size, intensity and duration of treatment is determined according to the client's general health status and indications in the case.
- So that you provide the client with a rest period following large or intense applications.
- So that the equipment manufacturer's specifications are followed correctly and a maintenance log is kept.
- So that the equipment is cleaned and maintained in accordance with the requirements defined by the *Infection Control Guidelines* document.

Safety:

- So that the applications used are not contraindicated due to the client's condition.
- So that applications are modified if necessary, due to the client's condition.
- So that you regularly observe the client's response to treatment and remain available for treatment alteration.
- So that if the medical history of the client indicates a high risk of any negative reaction, constant supervision is maintained.
- So that if any negative reactions are identified, treatment is modified or stopped.
- So that hygienic conditions are maintained at all times.