

COLD MITTEN FRICTION

Definition:

A *Cold Mitten Friction* is vigorous rubbing of the skin with a wet, cold cloth to stimulate skin circulation and healthy nerve response.

When to Use:

- As a cool down after a warm treatment (such as fomentations or Steam Bath)
- To increase skin circulation
- To enhance immune system function
- To increase neuromuscular tone
- To improve digestive function (when applied to abdomen)
- For general fatigue
- For depression

Equipment:

- ✓ 1 hand towel (or 2 Terry cloth mittens)
- ✓ 1-2 Bath towels
- ✓ Basin with ice water

Clothing Recommendations:

- Unclothed or with underpants

Steps to Follow: (Full Body CMF)

1. Make sure the patient is warm before you begin.
2. Soak hand towel in ice water
3. Cover patient with a sheet and/or blanket, and expose only body area to be treated.
4. Place towel under body part being treated. A good pattern is to start with arms, then chest, legs, and then the back.
5. Wring excess water out of hand towel or mitts.
6. Rub wet hand towel briskly over uncovered body area.
7. Dry area thoroughly and cover with sheet.
8. Move to next area to be treated and repeat steps 4-7.
9. Allow for post-treatment rest for most effective treatment.

Cautions & Considerations:

- Assure patient warmth before beginning the treatment.
- Have each body part uncovered as briefly as possible to prevent chilling.
- Rubbing too vigorously can be irritating to the skin.
- A healthy reaction will leave skin pink and the patient not chilled.

Personal Experience:

People often think it will be miserable. But if they are warm to start with, as they should be, it really feels great. After a hot treatment such as fomentations, it is appreciated.