Contrast Fomentations

Sister Kenny for Polio

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

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.

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

Battle Creek Sanitarium and the Spanish Flu

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

Applications

- Chest
- Abdomen
- Areas of Pain (not appendicitis)
Making a Hot Fomentation

Put into Any Microwaveable Plastic Bag

Benefits
• Increase circulation
• Increase circulating WBC’s
• Decrease tension

Benefits to Fomentations
• Muscle spasms
• Sciatica
• Bronchitis
Contraindications of Fomentations

- Malignancy
- Hemorrhaging

Contraindications of Fomentations

- Gastic Ulcers
- Lack of Sensation/Paralysis