Heating Compress
Simple Yet Effective

Heating Compress
- One of the simplest, yet effective hydro tx's.
- Heating compress is applied cold, covered by flannel
- The nerves react to the cold compress by sending a message to the blood vessels in the area to dilate, resulting in increased blood going to the area.

Heating Compress
- The fresh blood brings with it new antibodies and blood proteins to fight infection.
- The increased circulation removes toxins which may be causing pain, or relaxes muscles to assist in reducing congestion,

Heating Compress
- Clearing away materials that cause the tissues to be sick. The physiologic reactions occur because of the prolonged application of moist heat.

Application
- Can be Applied to the following:
  - Neck
  - Chest
  - Abdomen
  - Joints

Benefits
- Increases circulation to the area
- Promotes healing
- Painful Joints
Heating Compress Benefits

• Constipation
• Poor Digestion
• Asthma/Chronic Bronchitis

Contraindications

• Quite safe with only one contraindication
• If client is cold and cannot heat up the compress