



Step 1

Hydrocollator packs: Using a proper safety tool, grab a hydrocollator pack for treatment. (Note that water temperature is around 160-170 deg F)



Step 2

Terry hot pack cover: Place Hydrocollator pack in the Terry hot pack cover. Have about 6-8 layers of towels placed between cover and patient. (Note that 1 layer of the Terry hot pack cover equals approx. 2-3 towels) More layers of towels may be needed if a body part lies on top of the heat pack to prevent burns. (Note that weight compression decreases insulation to the body)



Step 3

Patient positioning: Place your patient in a comfortable treatment position before placing hot pack.



Step 4

Treatment: Place pack on extremity for treatment.

