

ALGODYSTROPHIES

Treatment interest

Cutaneous and deep sensitive receivers' stimulation and saturation. Pain relief and motor imagery awakening to allow hand or feet reuse.

When/frequency?

Once or twice a day.

In addition to the rehabilitation session or in isolated treatments every day without session.

How?

Install the patient on a chair, at the correct height.

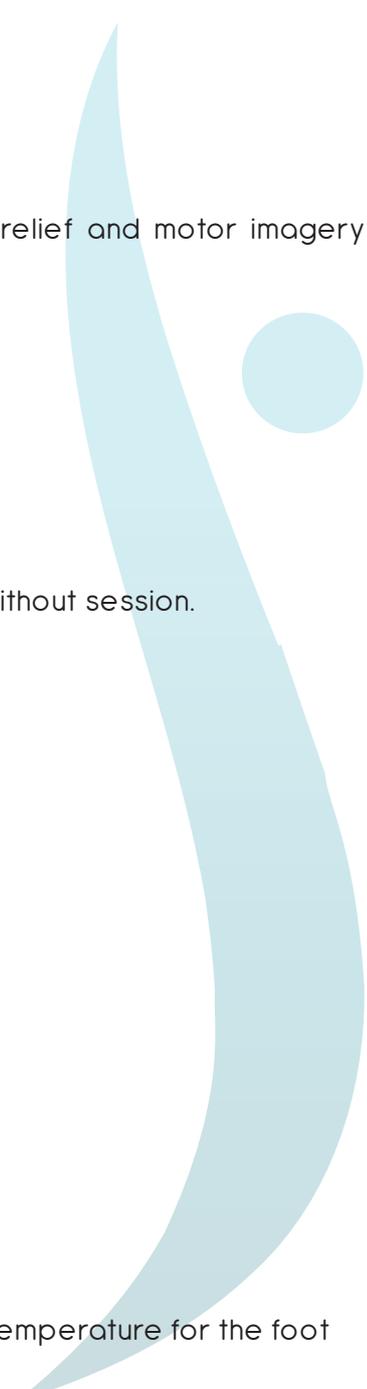
Immerse his/her hand and wrist or foot and ankles in the mix.

Warning: Patient's comfort is essential.

Which temperature?

Warm water between 34 and 37°C.

In case of vivid pain, use cold water (tap water temperature). Use a colder temperature for the foot and ankle.



Which rotation speed?

Minimum speed - 6 to 7 rpm - during the patient's initial contact with Aquaroll then progressive augmentation over the sessions until 12 rpm, except explicit request from the patient. Some variations for adaptation phenomenon.

Which associated exercises?

For the hand and wrist, make so that the patient makes movements in the water and bead mix.

- 🌀 Rolling fingers
- 🌀 Thumb presentation to pad of other fingers
- 🌀 Flexion-extension of wrist
- 🌀 Wrist circumduction
- 🌀 Hand opening and wrist extension, hand closing and wrist flexion
- 🌀 Look for a bigger bead in the mix

How long should a session last?

For the hand, 10 to 12 minutes

For the foot, 15 to 20 minutes

The tank containing the beads can turn clockwise, anticlockwise or in an alternating way, in either direction. In this case, the time of use in one direction can be set from the control panel.

Example: For a 12-minute session, we can program cycles of 2, 3, 6 or 12 minutes by starting in the wanted direction.

Warning: First session can be shorter to introduce the patient to the treatment.

How long should the treatment last?

Until the pain is stabilized and the motricity is fully recovered.