

## **HIDROTERAPIJA**

- Obuhvaća vanjsku ili unutrašnju upotrebu vode u svrhu liječenja bolesti ili traume
- Omogućuje izvođenje aktivnog pokreta s manjim angažmanom mišića od onog izvan vode

### **OPĆI FIZIOLOŠKI UČINCI HIDROTERAPIJE:**

1. respiratorni sustav - disanje postaje brže i dublje,
2. kardiovaskularni sustav - puls, krvni tlak, kontrakcija miokarda,
3. živčani sustav - utjecaj na nociceptore,
4. poprečno-prugasti mišić – hladnoća povećava tonus i snagu mišića, sprječava umor, toplinski postupci toniziraju mišić, dugotrajna primjena smanjuje napetost mišića,
5. temperatura tijela.

### **VRSTE HIDROTERAPIJE:**

- Vrtložne kupke
- Hubbardov tank
- Terapijski bazen
- Kupka s vlažnim zrakom
- Podvodna masaža
- Sauna
- Škotski tuš
- Ovoji, omoti, oblozi
- Kontrastne kupke
- Hauffeove kupke
- Polijevanje

## **HYDROTHERAPY**

- Comprises external and internal use of water with the purpose of illness or trauma treatment
- It enables carrying out of active movement with muscle engagement lower than the one out of water.

### **GENERAL PHYSIOLOGICAL HYDROTHERAPY EFFECTS :**

1. respiratory system – breathing becomes faster and deeper,
2. cardiovascular system, puls, blood pressure, myocard contraction,
3. nervous system – the influence of nociceptors,
4. smooth muscle – coldness increases tone and strength of muscles, prevents tiredness, thermal procedures tone the muscle, long-run application decreases muscle tension,
5. body temperature.

### **KINDS OF HYDROTHERAPY**

- Whirlpool bath
- Hubbard tank
- Therapy pool
- Moist air bath
- Underwater massage
- Sauna
- Scottish shower
- Bandages, wrappers, compresses
- Contrast baths
- Hauffe's baths
- Watering