

## Chapter 2

### HWM™ Therapy Methodology

HWM™ Therapy works in three distinct manners when used as a form of hydrotherapy:

#### **1.) Mechanical Benefits:**

**Mechanico-therapy** - The weight and density of the hydrated mudpack is used as a hot/cold compress over affected areas of the body. These compresses are usually applied at a certain temperature, duration and thickness, as outlined in the HWM™ Therapy Manual. The therapy plan performed depends upon whether the client is in an acute, sub-acute or chronic stage of a disorder or injury. The weight of the mudpack will assist the penetration of minerals and/or the stimulation or decrease in circulation of affected areas. Dense mud mass exerts site-specific hydrostatic pressure on the surface of the body which is added to the unwanted charge of the circulation system.

#### **2.) Thermal Benefits:**

**Thermal Abilities** - The composition of this HWM™ Therapy Pack is comprised of minerals that have cold/heat retaining abilities to reduce swelling and/or encourage blood circulation more effectively than traditional cold/hot packs used in clinics today. We can endure a HWM™ Therapy application much hotter than a bath or traditional hydrotherapy treatment. The heat conducting capacity of the mud being much lower than that of water, while the heat capacity is higher explains this. The mud's remarkable thermal effect increases fluid circulation, which extends to the deep layers and has a profound effect on loosening scar tissue. During the course of a HWM™ Therapy, we experience a stimulus exerted by the heat on the body's nerve terminations. Applying the heat measuring technique of RCHF (radiative heat flow) can be an objective tool used for measuring the thermo-energy changes in response to mud packing application.

#### **3.) Chemical Benefits:**

**Mineral Absorption** - Due to the increase of blood circulation during the HWM™ Therapy, minerals can be absorbed through the layers of skin. These same minerals have the ability to assist the blood vessels in flushing out toxins from the muscle fibers and are subsequently carried through the circulatory system to be deposited to areas devoid of minerals. The outcome expectations may leave a client with less pain and swelling over affected areas of the body.

The mud's chemical effects are very similar to the effects of thermal baths, while producing more intensive local and general reactions. The chemical effect is transpired through the immunological and hormonal functions of the skin.

## Advanced Hydrotherapy Using Hungarian Wellness Mud™

### Therapy Methodology; Application Sites

- **Three-quarters pack** - covers the whole body except the upper two limbs
- **Half-pack** - covers the part below the navel
- **Trunk-pack** - covers everything except the limbs
- **Partial-pack** - covers parts of the body
- **Limb pack** - covers the limbs
- **Full body-pack** - the full body is covered with the exception of the head, neck, genital organs and breasts

Compressing many areas at one time will increase the circulatory system of a client, thus increasing the likelihood of potential contra-indications during the therapy.

### **HWM™ Therapy: List of Ailments Indicated for Hydrotherapy in Hungary**

- ✓ Chronic degenerative diseases of joints and the spine
- ✓ Processes affecting acute spine and limb joint inflammation
- ✓ Fractures, sprains and dislocations
- ✓ Gout
- ✓ Acute neuralgia
- ✓ Soft part rheumatism (tendonitis, tendo-vaginitis, bursitis, myalgias)
- ✓ Chronic tendonitis
- ✓ Sports Injury & Rehabilitation



## Advanced Hydrotherapy Using Hungarian Wellness Mud™

### **HWM™ Therapy Temperature Applications**

The heating instructions for all HWM™ Therapy Packs are specific to each ailment being treated. It is recommended to follow these specific instructions in order to ensure positive outcome results for your clients. Be sure to check the temperature of the mudpack directly prior to applying the mud on a client's skin. Also, remember to mix the mud thoroughly as there may be incidences of temperature variations throughout the mud. We recommend the use of warmers/sanitizers provided by Alexandria Professional because they are specifically designed for temperature regulation of the HWM™ Therapy.

- **Ailment Specific: 42°C - 44°C**
- **Preventative & Detoxification: 32°C-36°C**
- **Acute Arthritis/Injuries: 23°C-28°C**

### **Mixing/Heating Instructions**

Materials required: HWM™ warmer, thermometer, measuring cup, mixing spatula, Hungarian Wellness Mud™ and distilled water.

#### **Localized Pack:**

1 tray  
1 kg HWM™ to 16 oz of room-temperature distilled water

#### **Full Warmer:**

2 trays  
16 kg HWM™ to 256 oz of room-temperature distilled water

#### **Mixing:**

In individual warmer tray, add a portion of HWM™. Slowly pour in a portion of distilled water and mix well. Continue alternating mud and water until completely mixed.

**Note: Consistency of mud should be soft and pliable, yet not runny.**

#### **Heating:**

Please refer to pages 45-47 for Installation, heating and Wellness Mud™ Warmer/Sanitizer.

Be sure to add distilled water to the inside of the warmer to the fill line. Insert individual trays. Turn on unit and Set the thermostat on warmer to 44.2°C.

Initial warming time may take up to 2 hours.



Note: Before application, check mud with a thermometer to ensure all locations throughout each tray is consistent to HWM™ Therapy Plan. You may need to mix mud before therapy sessions to ensure that there are no temperature variations.