



# PERFORM Operating Document

## Whitehall Thermalator Moist Heat Therapy Unit

### PC-POD-AT-002-v05

#### Revision History

Version	Reason for Revision	Date
5	Created a more consolidated version	May 11, 2020

## 1. Introduction

This PERFORM Operating Document (POD) is designed to outline the use, maintenance schedule and training needs for the Whitehall Thermalator Moist Heat Therapy Unit, located in storage room # S1.207 within the Athletic Therapy Clinic. This POD only covers the use within the Athletic Therapy Clinic and within the Scope of Practice for Athletic Therapists.

## 2. Whitehall Thermalator Moist Heat Therapy Unit

### 2.1 Installation Instructions:

No specialty set up is required for this machine. The interior was wiped clean, the unit was checked to be sure it was level, the drain valve checked and the unit then filled with water. The unit is portable so to fill the inside bin there is an attachment hose that connects the unit's bin to a sink tap. Once filled the unit's components (racks and thermal packs) are placed inside and the unit plugged in to allow heating to begin. When in use, the thermal packs are placed in protective sleeves. When not in use, the sleeves are kept separate from the thermal packs and allowed to dry. The thermal packs can begin to be used two hours after heating has begun.



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### 2.2 Maintenance Schedule:

- 2.2.1 The interior bin needs to be drained, cleaned and dried a minimum of twice a year.
- 2.2.2 The sleeves that protect that hot packs must be hung to dry after every use.
- 2.2.3 Exterior of cabinet can be cleaned with a damp cloth
- 2.2.4 A list of step by step instructions for the above can be found in the user's manual provided by the manufacturer.

### 2.3 Contraindications:

The heat packs from the thermalator will be used during treatments done in the clinic where this modality is warranted. No contraindications are associated with the use of heat packs, however, the packs must be used in the protective sleeve and may also be double wrapped in a clean towel if less heat is needed.

## 3. Training Requirements

The internship students from Concordia's Department of Health Kinesiology and Applied Physiology have completed a required course in modalities as well as a teaching lab. All modalities used in the clinic are covered in both of these semester long sessions.

There are no special requirements to operate or use the Whitehall Thermalator - modality and the heat packs are used when warranted and approved under the Athletic Therapy Scope of Practice.