

Application :-

- The part is immersed for a second in wax bath with drawn and allowed to ~~cool~~ cool for 4-5 sec and then re-^{immersed} ~~emerged~~. It is important to immerse the part briefly otherwise the outermost coating is melted off and thickness of wax does not build.
- The procedure is repeated 6-12 times to produce the coating of wax 2-3 millimeters thick over the body part.
- The part is then put in a plastic bag or then in a paper cover wrapped in a towel to limit the rate of heat loss to the air.

For any condition in which there is edema the part should be elevated.

Termination of treatment :-

The glove or the coating of wax is normally left in place for 15-20 minutes by which time the wax is completely solid.

Other methods -

Brush method :- If the part cannot be immersed in the wax bath, it is possible to coat the surface by painting the wax using a large, wide brush.

Pouring method :- The melted wax is poured over a part that to be treated with the help of stainless steel bowl.

Bandage and mesh method :- The bandages of suitable size and mesh can be soaked in hot wax and then wrapped around a limb additional wax can be then brushed over the bandage.

Dip and leave in method :- This method is used to achieve a higher temperature for longer periods.

After a suitably thick layer of wax has been built up by succession of dips, the part is left in the wax bath for 15-20 minutes.

This method is very uncommon requires continuous observation through out the treatment.

Effects of wax treatment: →

On vessels: → There is stimulation of superficial capillaries and reflex vasodilation.

On sensory nerve: → Mild heating appears to have a sedative effect on the sensory nerve ending.

On skin: → Following skin treatment the skin becomes moist and pliable. This is useful for stretching scars and adhesions before applying mobilisation technique.

Indications: →

- To relief pain and muscle spasm
- Degenerative joint disease like osteoarthritis
- Softening adhesions or scars
- Before mobilisation of stiff joint.
- Prior to stretching.

Contraindication: →

- ↓ Open wound: → Wax should not be allowed to enter in open wound because it may get in the tissues acting as foreign body and may delay healing.

2. Skin infection: heat may increase inflammatory activity
eczema, dermatitis.

3. Defective thermal sensation

4. Defective arterial blood supply

5. Deep x-ray therapy or radiation therapy: With in three months

prior to treatment decreases blood flow in the area and may causes impaired skin sensation.

6. Cancer or TB: In the area to be treated, heat may increase the metabolic rate and increase the rate of growth and spread of disease.