

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 20

Re: Infrared Heat Lamp

Date: March 20, 2000

Revised: October 19, 2008

Description:

A warm luminous or non-luminous light that uses infrared radiation as a heating medium. The infrared heating lamp provides heat to large areas of the body without pressure or weight. Infrared rays are short and are used as a dry alternative to hot packs.

Indications:

1. Subacute and chronic traumatic and inflammatory conditions in locations accessible to external heating, e.g., contusions and muscle strains, traumatic synovitis and tenosynovitis, sprains, dislocations and fractures.
2. Various forms of arthritis and rheumatoid conditions, neuritis and neuralgia.
3. Acute, subacute and chronic catarrhal conditions of the mucous membranes, e.g., conjunctivitis.
4. Circulatory disturbances of the extremities.
5. Draining wounds that require drying.
6. Area of injury where direct contact is contraindicated due to infection or pain from pressure.

Contraindications:

1. Individuals who tolerate heat poorly.
2. Care should be taken over area of dermatitis.
3. Care should be taken with individuals with severe peripheral vascular disease.
4. Care should be taken with individuals who are agitated or unable to control bodily movements.

Procedure:

1. Place the patient in a relaxed comfortable position.
2. Place the infrared heat lamp directly over the area to be treated.
3. The distance should be between 15-20" from the lamp to the area being treated.
4. Exposure time should begin at 10 minutes and work up to 20 minutes during subsequent treatments.
5. There should be nothing covering the area to be treated. Always observe the area prior to treatment and following treatment for erythema, blisters, burns, etc.
6. Visually monitor the patient.

7. Instruct the patient that the lamp should feel warm but not too hot. If patient complains that the lamp is too hot, move it further away.
8. When the treatment is being terminated, turn the lamp off, disconnect it from the wall outlet and move the lamp out of the way. Allow lamp to cool.
9. Cover eyes when applying infrared to the face. Do not concentrate heat over bony prominences.
10. Cleaning Infrared Machine as per Physical Therapy Cleaning Procedures.
11. The Infrared Machine receives Biomedical Testing annually in January of each year.