

How to Use Heat Home Program

Heat therapy helps reduce pain and stiffness. Follow these instructions to safely use heat therapy at home.

Warning:

- Do not use heat over areas where you do not have normal feeling/sensation
- Place a layer of towel between your skin and the heat to prevent burns

What types of heat can I use?

- Microwave heat pack
- Electric heating pad
- Rice sock (uncooked rice added to a sock and microwaved 1-1.5 minutes)
- Warm water

How long to apply:

Use for 15 minutes before you exercise

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