



HEAT

Heat helps to relieve **PAINFUL STIFF** joints.

It acts to:

1. Improve circulation
2. Relax muscles
3. Reduce pain

The simplest and easiest method is to use a hot water bottle.

- * Wrap it in a towel
- * Place it on affected area
- * Wrap a towel/scarf round to hold bottle in place
- * You should feel comfortable warmth
- * Leave it on for 15 minutes, repeat as often as you need.

PLEASE NOTE:

Hotter is **NOT** better - be careful of burns.

Do **NOT** lie on heat.

DO NOT USE HEAT IF:

You have poor circulation

You have reduced feeling in that area

Your joint is inflamed, e.g. hot, swollen, and tender - heat will make it **WORSE**.

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