

APPLICATION OF WARMTH/HOT THERAPY

Warmth applied to an area of the body can help to relieve pain and muscle Tension. It will also help to improve circulation to the area it is usually followed by a regime of gentle exercise.

Method

- Gentle warmth for 10-15 minutes can take a number of forms examples of which are:
 - Hot water bottles
 - Embrocation/Ointment
 - Infra red lamps
 - Warm bath/showers
 - Heat pads (electrical or wheat)

Application

- **Hot water bottles:**
 - Fill a hot water bottle to half full (or less) with hot (not boiling) water. Squeeze out excess air and fasten securely.
 - Wrap the hot water bottle in a towel.
 - Place the towel and bottle on the area you require to be heated, making sure the area is well supported.
 - Check the area every 5 minutes to make sure you are not burning.
- **Embrocation**

Gently apply a small amount of embrocation to clean dry skin, in accordance with manufacturer's instructions.

Dangers

- **Never** place the hot water bottle straight onto the skin.
- **Make** sure the weight of the hot water bottle is not causing discomfort.
- **Never** use heat and ointment together.
- **Never** use heat on areas where you cannot appreciate the difference between hot and cold or where the skin is broken.
- If you suffer from any circulatory problems or diabetes consult your doctor before applying any heat.
- Do not apply to recent soft tissue injury (up to 48 hours after injury).