

Applying heat

for muscle pain & stiffness Self Help Information Sheet



Osteopathy &
Sports Injury Clinic

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Do you have?

Stiff neck; back pain; sciatic pain; aching joints; muscle strains, rheumatic type pain; stomach tension; tension & stress headaches – heat treatment could help you.

Heat has many uses . . .

When it comes to aches & pains, as well as muscle strains, when applied next to the skin, the radiation of heat transmits through the muscles causing the arteries to become dilated enhancing the blood flow. The natural and obvious effect is that the skin becomes reddened.



In cases where muscles have become injured or have gone into spasm as a result of a strain, applying heat causes a relaxation of the muscle whilst the improved blood flow allows the toxins that build up in the

tissues when they are in a state of contracture, to be flushed away.

This state of muscular relaxation eases pain and allows mobility to be regained as stiffness releases. It is most useful to apply the heat in a resting position rather than sitting so that the body itself is relaxed when the heat is actually applied.

How to feel the full benefit of heat

To feel the full benefit of the application of heat, it is necessary to leave the heat on for at least 10 to 15 minutes.

This can be repeated several times during the day when the symptoms are acute. Often first thing in the morning or at the end of the day can be useful, though the application can do more than just ease the symptoms.

Alternative ways of applying heat

There are several methods of applying heat. Certainly taking a hot bath is useful. However, it can be less convenient or uncomfortable.

Heat sprays and 'rubs' can afford some benefits but their use is limited as the penetration into the deeper muscles is poor.

Electric heating pads that plug into the mains electricity are also useful ways of applying heat but the portability of such an item can be a problem and the level of heat they give out is normally limited.

How a heat pack works

The pack gives out a moist heat for 15-20 minutes providing a deep warming to deep and surface muscles.

If your symptoms do not ease relatively quickly within a couple of days of applying heat, you should seek professional advice.

Heat combined with treatment

The application of heat is useful combined with osteopathic treatment when joints are gently mobilised and muscles released using "soft tissue" massage techniques.

Your Body Back-Up Osteopath can advise you. Heat application is often a part of the self-help regime we prescribe in conjunction with our treatment.

Why choose a Body Back-Up Natural Heating product

The benefit of Body Back-Up microwavable Heat Packs is that not only can they be used at home but also are convenient and easy to use in the car and at work.

an efficient heating system . . .

- heats up quickly and easily using a microwave
- heat is evenly spread throughout the Body Back-Up Heat Pack
- maintains its temperature for up to 30 minutes
- designed so that it moulds easily to fit body shape

a safety conscious design . . .

- no danger of trailing wires or scalding
- no leakage or spilling

practical features are the . . .

- covers are made of hypoallergenic cotton
- contents are all environmentally friendly and cover slip is recycled Material
- slipcover is completely washable
- larger pack has "tie strings" to hold it in place

How much does it cost?

The heat pack comes in two sizes small and large.

- Hot Bot - the small pack retails for £13.00 inc VAT
- Natures Heat - the large pack for £18.00 inc VAT

Both have a UK delivery charge based on weight / postage costs at the time of delivery.

**To find out more about our Heat products
email us at practice@bodybackup.co.uk**

www.bodybackup.co.uk

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