

Applying HEAT & Osteopathic Care



Osteopathy &
Sports Injury Clinic

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Suffering Muscular pain?

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

Diagnosis of the cause of the pain is vital to get the best from heat as well as making sure it is appropriate for your problem.

Heat Multi-Uses

When it comes to aches & pains, 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.

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.

Feel the full benefit

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. Be careful to protect the skin from overuse.

Often first thing in the morning or at the end of the day can be useful.

Other ways of applying heat

There are several methods of applying heat.

- Taking a hot bath is useful. However, it can be less convenient or uncomfortable.
- Sprays and 'rubs' can afford some benefits but penetration of heat into the deeper muscles is limited.

- Electric heating pads that plug into the mains electricity. Portability can be a problem and the level of heat they give out is normally very limited.
- Disposable heat 'patches' give a lower level of heat and are costly with a "one-off" use.

Heat combined with treatment

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

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

Always apply heat with care it can damage your tissues

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.

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

Efficient heating system

- Heats up quickly and easily.
- Heat is evenly spread.
- Maintains temperature up to 30 minutes.
- Moulds easily to fit body shape.



Safety conscious design

- No danger of trailing wires or scalding.
- No leakage or spilling.

Practical features

- Covers made of hypoallergenic cotton.
- Environmentally friendly.
- Cover is recycled material.
- Cover slip is completely washable.
- Larger pack has "tie strings" to hold it in place.

**To find out more about our Heat products
visit our website or order by phone**

www.bodybackup.co.uk

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**For appointments call 01628 624544 or 020 8969 0247
Maidenhead • London W9 (Maida Vale)**