

The Therapeutic Application of Heat – Thermotherapy



History of Heat

Heat has always been used in various forms for therapeutic use. Sunlight, heated sand, and heated water were initially used as

an effective means of therapy for ailments and pain. Early users of heat therapy also obtained heat from hot stones and coals, open fire, and irons. The earliest hot water containers consisted of hollow dried fruits and the bladder or skin of animals. The first scientific inquiries into the use of thermotherapy were conducted in the early 19th century. Today reusable gel packs provide an easy and convenient source of heat.

How it Works

The application of heat relaxes muscles and increases the flow of blood to the treatment area. Enhanced local tissue metabolism and improved blood supply lowers the concentration of pain-producing toxic metabolites. This combination offers relief from pain.

When to Use Thermotherapy

The application of therapeutic heat should be used when motion is limited by **stiffness**. Thermotherapy is effective in controlling inflammation in sub-acute or chronic stages, for tissue healing, and to improve range of motion before physical activity/rehabilitation.

Gel Packs

Uni-Patch offers reusable hot or cold gel packs in a variety of sizes. As with any hot pack, always use a towel or cloth cover between the skin and pack to prevent the possibility of burns.

Versa-Pac® Reusable Hot and Cold Gel Packs

Reusable gel packs can be heated in hot water or microwave. These packs are flexible, conformable, and maintain a therapeutic temperature for up to 30 minutes.

REF MH73200	8 in. × 11.5 in.
REF MH73912	5 in. × 10.5 in.
REF MH76948	4 in. × 6.5 in.



MH73200



MH739 series



MH76948

1313 West Grant Blvd.
Wabasha, MN 55981
Toll free 1-800-328-9454
Email sales@uni-patch.com

Fax 651-565-3971
Phone 651-565-2601
www.uni-patch.com

© 2006 Tyco/Healthcare/Uni-Patch