



# HEAT THERAPY

Heat therapy is a common type of conservative treatment that can be used to recover from injury or exercise. Heat therapy increases blood flow by causing blood vessels to dilate (enlarge).

#### **THIS DECREASES:**

- MUSCLE TENSION
- PAIN
- MUSCLE SPASM

#### **THIS INCREASES:**

- RANGE OF MOTION

#### **HEAT THERAPY IS AVAILABLE IN MANY FORMS:**

- HEATING PAD
- HOT PACK (DRY/MOIST)
- WHIRLPOOL
- SAUNA

A layer of towel should be placed between skin and heat agent to prevent burns. The duration of heat application is usually 15-30 minutes followed by a 15-20 minute cooling period to allow tissue to return to preheat temperature. This cycle may be repeated 2 to 3 times per day.

Material taken from AcitivEdge training material by Jay L. Tapper  
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