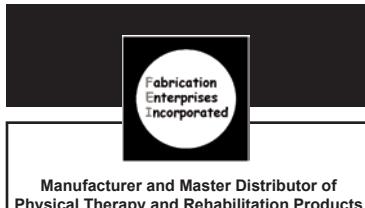


INSTRUCTIONS



MOIST HEAT PACKS and COVERS

- moist heat pack is a simple and effective method of applying localized heat
- gives at least 30 minutes of therapeutic moist heat
- apply pack with a Relief Pak® cover or a heavy towel
- when treatment is complete pack can be stored in a plastic bag in freezer
- terry hot pack cover allows therapeutic moist heat to penetrate without burning the skin
- covers are filled with foam or additional terry
- hook and loop fasteners keep moist heat packs in place in cover
- covers are washable (see instructions page 2-3)



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Relief Pak® moist heat pack and covers

| Style (pack size) | pack | terry covers | |
|---------------------------------------|-------------|---------------------|---------------------|
| | | foam-filled | terry-filled |
| standard - 10x12" / 25x30cm | 11-1310 | 11-1360 11-1364 | 11-1366 |
| standard with pocket | 11-1311 | 11-1361 | 11-1367 |
| neck - 7x24" / 18x60cm | | | |
| oversize - 15x24" / 38x61cm | 11-1312 | 11-1362 | 11-1368 |
| oversize with pocket | | 11-1365 | |
| half size (5x12") | 11-1313 | 11-1363 | 11-1369 |
| circular - 10" / 25cm diameter | 11-1205 | 11-1226 | |
| hand - 7x13" / 13x30cm | 11-1321 | | 11-1376 |
| dual hand | | | 11-1377 |
| spine small - 10x18" / 25x46cm | 11-1314 | | |
| spine large - 10x24" / 25x61cm | 11-1315 | | |
| knee-shoulder - 10x20"/25x51cm | 11-1316 | | |



halfsize with terry cover shown in use

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Heat your moist heat pack

1. Hold pack by corner loops and gently shake. This distributes the filler and permits it to swell (absorb water) evenly.
2. Place pack in heating unit (for home, use a large pot or pan).
3. Fill heating unit with enough water to keep pack completely immersed.
4. Let pack soak for at least 2 hours. Pack will become completely swollen with water. This long soaking procedure is necessary only with a new pack. After initial use, pack can be prepared by soaking for 15-20 minutes.
- 5a. If microwaving, place hot pack in a microwave safe container and cover completely with water. Place container in microwave and heat at full power until water temperature reaches 160°F (71°C).
- 5b. If using stove place pack in heating vessel and slowly increase water temperature to 160°F (71°C). Let pack soak at 160°F (71°C) for 20 minutes.

Put your moist heat pack in a protective cover and apply to treatment area.

Apply pack to treatment area with either a heavy bath towel or with the cover specifically designed for this application.

Use with bath towel

1. Remove pack from heating unit with tongs by gently lifting loop tab.
2. Place pack on the towel and completely wrap pack with towel.
3. Fold a second towel and place it over the body area that is to be treated.
4. Place wrapped pack on this second towel. Steam from heated pack will penetrate the layers of toweling and reach the area being treated.
5. Intensity of heat can be varied by increasing or decreasing the amount of toweling between the pack and treatment area. If treatment area is too hot, add a layer or two of toweling; as the heat subsides, layers of toweling can be removed.

Use with Moist Heat Pack Cover

Two basic cover designs are available. The pocketed cover is designed for simplicity, the flat cover is designed for versatility.

 **WARNING** - If cover is too hot, use additional toweling.

► **Pocketed cover (oversize, standard and neck size packs)**

1. Place cover on a flat surface with the pocket facing up and the flap open.
2. Remove pack from heating unit with tongs by gently lifting loop tab.
3. Place pack into cover; tuck flap into pocket, or close with hook and loop tabs (available on certain models). Note: neck covers do not have flaps.

► **Flat cover (oversize, standard and half size packs)**

1. Place cover on a flat surface with the hook and loop fastener facing up.

2. Remove pack from heating unit with tongs by gently lifting loop tab.
3. Place pack on the left side of the cover.
4. Fold cover over the pack. Make sure the hook/loop fasteners are aligned.
5. Press hook/loop fastener together to secure the pack.

Note: Oversize pack can be covered by 1 oversize cover or 2 standard covers (1st cover hook/loop up, pack in middle, 2nd cover hook/loop down).

► **Care for moist heat pack cover**

Covers can be laundered in washing machine and dryer. Wash separately, no bleach. Max drying temperature: 160°F / 71°C. Fasten hook and loop closures together before laundering to avoid hook snagging terry material; some models include extra loop tabs to cover exposed hook during laundering. Avoid Ironing.

Frequent use of moist heat pack

If pack is going to be used for regular or frequent treatments, keep it in water (either in the heating unit or in a covered pot on the stove).

Storage of moist heat pack

When pack is to be stored for an extended period of time, it should be kept moist and cold. Place wet pack in a plastic bag, seal it and store it in freezer. Alternatively, you can permit pack to dry thoroughly and then store it. When stored in this manner the filler becomes hard and caked. This does not harm the pack, but will require a much longer time for reheating.



CAUTION

- do not apply hot pack directly to skin (always use towelling or hot pack covers)
- individuals with circulatory problems should consult physician before use
- do not use over insensitive skin
- do not sit or lie on pack
- limit treatment time to 30 minutes per application
- monitor hot pack application to ensure skin is not becoming too hot
- do not use directly over cuts, abrasions or wounds
- make sure pack is fully immersed in water before heating
- do not add chlorine additive to water

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