

# READY SET WORKRIGHT



## HEAT IT UP

Heat is great for those chronic, cranky areas of pain and discomfort. Older joints and muscles LOVE heat, so if you know you are headed in the arthritis direction, let heat be your friend. Sore muscles also tend to like heat and in turn become looser and more pliable enabling us to move and break up muscle tension.

Heat can be applied via **moist towels, heat packs, warm water baths, a hot shower, a sauna, steam room, hot tub, or whirlpool...to name a few!**

*It's recommended to be used in a similar fashion to ice, in increments of 15-20 minutes.*

## HEAT RULES

- For use of sauna, steam room, whirlpool or hot tub, please see general precautions associated with each and contact your physician if you have any concerns.
- Never leave your electric hot pad on if you are sleeping to avoid a burn to the skin.
- If you have decreased sensation on your skin, use the lowest heat setting and check your skin frequently.
- When in doubt, contact your physician.

