

# INSTRUCTIONS FOR USE

Thermal Packs are available in a variety of sizes. They will give up to thirty minutes of moist heat therapy and are fully reusable. Thermal Packs are easy to heat and apply, using either standard terry cloth towels or Thermal Pack Covers.

## To PRE-SOAK the Thermal Pack

Before the first use, you must condition each new Thermal Pack. This is necessary only BEFORE the first use. You can reuse the pack after about fifteen minutes of reheating.

- Take the Thermal Pack by the corner loops - white and blue - so the sections are horizontal.
- Gently shake the pack back and forth to evenly distribute the filler material.
- Put the Thermal Pack in a large enamel, stainless steel or plastic container. DO NOT use an aluminum container. You can use the Thermalator for conditioning the Thermal Packs.
- Fill the container with enough tap water to cover the packs.
- Soak the packs for one hour minimum.
- The Thermal Packs are now ready for heating.

## To HEAT the Thermal Pack

### Using the stove to heat the Thermal Pack:

- Put the Thermal Pack in a large pan (enameled or stainless steel) and fill with enough water to fully cover the pack.
- Put the pan on the stove and heat.
- After the water starts to boil, lower the heat to the low setting. Keep the water temperature BELOW 160°F (70°C) to the low setting.
- Replace the water as needed. **CAUTION:** the Thermal Pack could be burned if the heat is on high.
- Wash the pan after heating your Thermal Pack.

### Using the microwave to heat the Thermal Pack:

- Put the Thermal Pack in a shallow microwave-safe dish and cover with water.
- Heat in the microwave for 15-20 minutes.  
**CAUTION:** Follow the microwave oven manufacturer's instructions for Thawing and Heating.
- To reheat, allow 5-10 minutes. Wash the pan after heating your Thermal Pack.

### Using the Thermalator to heat the Thermal Pack:

- Follow the steps in the Thermalator Operating Instructions booklet.



## **WARNING**



**DO NOT place Thermal Packs right on bare skin. Skin burns may occur.**

## To APPLY the Thermal Pack

- Use either either ordinary towels or Thermal Pack Covers.
- When using towels, wrap the Thermal Pack in a minimum of 5-6 layers of towels.
- Put the wrapped Thermal Pack on the area to be treated.
- To vary heat intensity, increase or decrease the number of towels.

**CAUTION:** Always apply the Thermal Pack to the patient. Never have the patient lie on the Thermal Pack. DO NOT apply over insensitve skin or on areas of poor circulation. Use extra care and judgement when using with infants or the elderly.

## To CARE for the Thermal Pack

- For regular use, keep your Thermal Pack constantly heated in water on the stove, microwave or in your Thermalator. It will always be ready for use.
- For storage, put the Thermal Pack in a sealed plastic bag in the freezer. This keeps the pack clean and prevents it from drying out. Drying out doesn't hurt the Thermal Pack; its filler will become hard and caked and will require a much longer reheating time.



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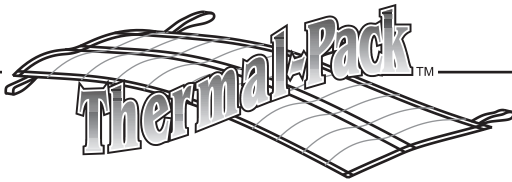
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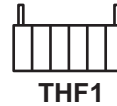
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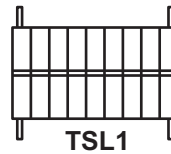


**Standard Size**

10" x 12"  
(25cm x 30cm)  
The most versatile  
Thermal Pack size.

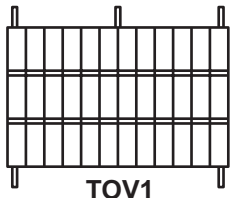


**Half Size**  
5" x 12"  
(12cm x 30cm)



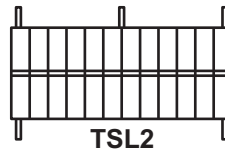
**Spinal Size**

10" x 18"  
(25cm x 45cm)



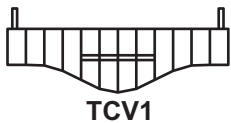
**Oversize**

15" x 24"  
(37cm x 60cm)  
Allows  
treatment of  
larger areas.



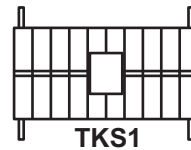
**Spinal Size**

10" x 24"  
(25cm x 60cm)



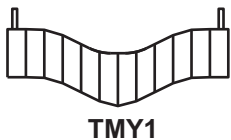
**Cervical Size**

24" Long  
(60cm)  
Easily conforms  
to the neck area.



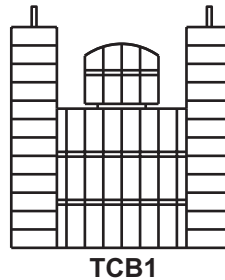
**Knee-Shoulder Size**

10" x 20"  
(25cm x 50cm)  
Center cutout lets pack  
conform to joints.



**Myofacial Size**

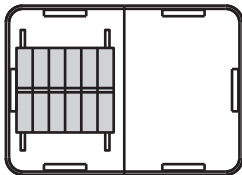
23" Long  
(58cm)  
Easily conforms  
for treatment of  
neck and face.



**Cervi-back Size**

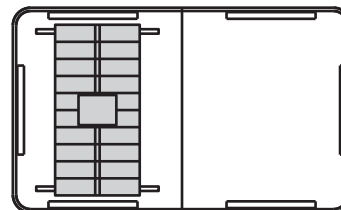
24" x 23"  
(61cm x 58cm)  
Easily conforms for  
treatment of back  
and neck.

**Thermal Pack Covers**



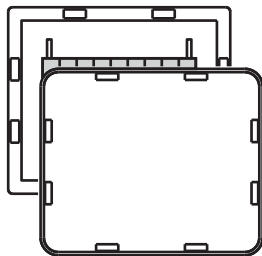
**Standard Size**

ATC4 - All Terry  
FTC4 - Foam Filled  
For Standard & Half



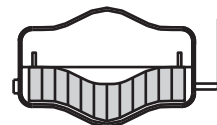
**Oversize**

ATC6 - All Terry  
FTC6 - Foam Filled  
For Oversize,  
10" x 24",  
10" x 18",  
and Knee/Shoulder



**Vinyl-Terry**

VTC4 - Standard Size  
VTC6 - Oversize



**Myofacial Size**

ATC1 - All Terry



**Drying Racks**

TDR-4 - Holds to dry 4 TP Covers  
TDR-6 - Holds to dry 6 TP Covers



**Cervical Size**

ATC2 - All Terry  
FTC2 - Foam Filled



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