

## **HEAT**

Heat helps to relieve **PAINFUL STIFF** joints.

It acts to:

1. Improve circulation
2. Relax muscles
3. Reduce pain

The simplest and easiest method is to use a hot water bottle.

- \* Wrap it in a towel
- \* Place it on affected area
- \* Wrap a towel/scarf round to hold bottle in place
- \* You should feel comfortable warmth
- \* Leave it on for 15 minutes, repeat as often as you need.

### **PLEASE NOTE:**

Hotter is **NOT** better - be careful of burns.

Do **NOT** lie on heat.

### **DO NOT USE HEAT IF:**

You have poor circulation

You have reduced feeling in that area

Your joint is inflamed, e.g. hot, swollen, and tender - heat will make it **WORSE**.