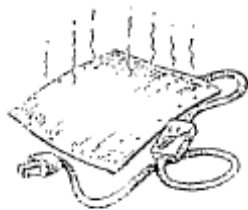


Heat and Cold

Heat

Why is it good for you? Because it can:

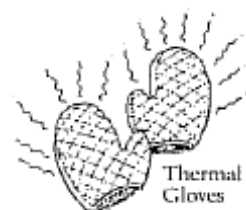
- Relax your muscles and make you feel relaxed
- Temporarily decrease your pain
- Decrease stiffness, especially in the morning
- Make exercising less painful (Use it before or after you exercise).



Electric Heating Pad



Warm Tub Bath



Thermal Gloves

Cold

Why is it good for you? Because it can:

- Numb your joint and give you temporary pain relief (Use it when you have a hot, inflamed joint).
- Decrease acute swelling in a joint



Commercial Cold Pack



Cold Pack