



DIRECTIONS TO USE YOUR DEEP HEAT THERAPY MAT WITH HORSES

****Read the instruction manual that came with the mat. The booklet is for human use/info below is to use with horses****

Be mindful and careful when using this mat. The DHT mat has incredible healing capacity when used correctly. This mat reduces warm up time for the horse by increasing circulation in tight/constricted muscles, as well as create relaxation throughout the horse's body/mind. This mat is an electrical device and must be monitored to prevent injury to the horse and human. Be careful!!!

**You may need an extension cord to use the mat with a horse. Be sure the cord is a 3-prong outdoor use extension cord. Do not let the cord rest on the ground or touch water. Monitor the cord so no one gets tangled and keep out from under the feet of the horse!!

**The best way to use the DHT Mat with horses, is to put the DHT Mat into the provided pillowcase to keep it protected and clean, and then place it on a saddle pad, preferably a cotton one but not too thick.

Use polo or standing wrap to attach mat and pad to horse's back to stabilize and keep in place, run wrap through girth keeper if possible and tie wrap securely for stability.

It is a little more difficult to attach when placing on the hindquarter. You may have to stand with the horse to be sure the mat stays in place.

******* DO NOT LEAVE HORSE UNATTENDED!! *******

Getting Started

Plug the Deep Heat mat into the receptacle and ensure that any extension cord used is the same or greater dimension. Push button of controller to turn on. Set appropriate temperature. It may take about 30 minutes to warm up.

GENERAL HEAT SETTINGS

Preheat mat before placing on horse.

Plug into outlet/use extension cord if needed.

The controller will show the temperature in Celsius.

(conversion chart in your instruction manual and below)

34-40 is a low setting, used for general healthcare.

45-50 is a low medium setting, used for relaxation.

55-60 is a high medium setting and is the most often used setting.

Use for joint and pain relief, increases circulation through muscles and soft tissue.

65-70 is the highest setting. used for detoxification/purification. (be mindful using this setting, it is extremely hot. it will not burn tissue but could create discomfort in you or the horse)

The most beneficial use is at a setting of around 55-60 placed on the horses saddle area/low back or hind quarter for 30-45 minutes. Cover with a cooler blanket to retain heat.

This mat is also hugely beneficial to the rider! The deep warmth will loosen tight muscles as well as relax a tense mind!! Place on a sturdy chair and have rider sit on mat to warm back muscles. 30-40 min.

The Deep Heat Therapy mat is also great to use at the barn when hanging out with the horses in the evening when it is cold, you can also use it in the trailer, in the hotel or at home.

The deep heat therapy mat is a very beneficial healing tool when used correctly and used wisely. Enjoy!