



Instructions

Pro-Temp Hydro Hot Pack



Please read this manual carefully to ensure safe usage and understanding of assembly instructions.

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PRO-TEMP HYDRO HOT PACKS

When properly used, BodyMed® PRO-TEMP HYDRO HOT PACKS will provide a reasonable service life of treatments, even with constant daily use.

The cells of the pack are filled with a dry, natural, clay substance. When hot water, 160°F to 170°F, is absorbed by the clay the moisture will emit a penetrating and soothing steam. Natural, simple, and effective, this PRO-TEMP HYDRO HOT PACK will conform to any part of the body and will provide at least 30 minutes of moist heat therapy.

HEATING CABINET INSTRUCTIONS

If using your PRO-TEMP HYDRO HOT PACK in a clinical setting, the water should be at a temperature between 160°F to 170°F. Water in the heating cabinet should be changed weekly to prevent odor from developing in the warm, moist environment. To eliminate any odor that may develop, please disinfect the heating cabinet. The temperature of your heating cabinet should NOT exceed 180°F.

STOVETOP HEATING INSTRUCTIONS

Place your PRO-TEMP HYDRO HOT PACK in a large pan or similar vessel. Fill with enough water to completely cover the pack. Place on stove, heating water to medium for the first use only. Then let simmer until the partitions or cells have become fully swollen. Subsequent uses will require only 15 to 20 minutes to absorb the hot water. Carefully remove the pack from the water. Hook the reinforced corner loops with ordinary kitchen tongs and drain briefly.

APPLICATION

Wrap the PRO-TEMP HYDRO HOT PACK in a terry cloth towel. Place a second, folded towel over the area of the body to be treated. Place the wrapped pack on these towels. An additional towel on top of the pack will minimize upward steam loss. The steam from the pack will penetrate the layers of the towels. As the patient becomes accustomed to the heat, remove layers of the towel one at a time. If treatment becomes too hot, replace layers of towel.



CAUTION

To avoid any possibility of burning the patient, be certain to use plenty of towels until you are thoroughly familiar with the heat characteristics of the pack. The heated pack is extremely hot, so handle by the loops only!

DO NOT APPLY THE PACK WITHOUT SUFFICIENT BARRIER!

WARNING

Do not use on skin that cannot sense temperature or on an area with poor circulation. Use carefully. May cause serious burns. The unattended use of heat may be dangerous.

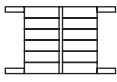
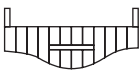


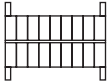
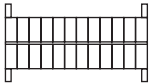
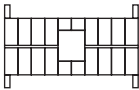


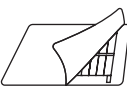
PRO-TEMP HYDRO HOT PACKS

If the PRO-TEMP HYDRO HOT PACK is to be reused within 48 hours, return it to water. This will keep it properly hydrated and ready for use.

If the PRO-TEMP HYDRO HOT PACK is not to be reused soon, place it in a sealed, air-tight plastic bag in the freezer. This will allow it to retain moisture. When you are ready to use it again, place in water as described in the instructions.

For extended storage, you may hang the pack so that both sides can dry out. As it dries, the clay will become compressed. This will not harm the pack, though it will require longer to prepare for reuse.

PRO-TEMP HYDRO HOT PACKS AND COVERS SIZING

DIAGRAM OF PACK / COVER	ITEM #	DESCRIPTION
	PSI101STD	Standard Size Pack (10" x 12") - Most universally used. Accommodates nearly any body contour.
	PSI101NK	Cervical (Neck) Contour Pack (24" Long) - For treatment of acute neck injuries, cervical arthritis, etc.
	PSI101OS	Oversize Pack (15" x 24") - Largest Size - For treatment of back, shoulders, legs, etc.
	PSI101HF	Half Size Pack (5" x 12") - Half of a standard pack. Ideal for treating small areas.
	PSI101LRG	Large Size Pack (10" x 18") - For treatment of the entire back area.
	PSI101XLG	Extra Large Size Pack (10" x 24") - For treatment of the entire spine.
	PSI101KS	Knee-Shoulder Pack (10" x 20"). Designed to contour to the knee or shoulder area. Square opening in the center prevents weight pressure.
	PSI102STD	Standard Terry Velour Cover (20.5" x 28.5") Open
	PSI102NK	Cervical Terry Velour Cover (18.5" x 25") Open
	PSI102OS	Oversize Terry Velour Cover (24" x 32") Open

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