

## Using Heat Safely

**Hot therapy is often used to improve blood flow to bring nutrients to an area of the body and flush out or dilute toxins, speed up tissue healing and improve the flexibility of soft tissues.**

### Using heat

It is not recommended to use heat on an acute injury but it can be helpful to reduce pain and improve movement on a long-term pain.

### Benefits of Heat Therapy

- Pain relief
- Reduces muscle pain and spasm
- Helps you to perform normal movement and activities more quickly

### You can use:

- Warm water
- Hot water bottle
- Microwave packs
- Steam rooms/saunas
- Heat rubs

### Use:

**To avoid burn or damage to your skin,** ensure you wrap heat source in a towel

**Be aware of the temperature** – the heat should always be comfortable.

### Do not use heat:

- Over broken skin or wounds especially if there is active bleeding
- If you have poor sensation or over an area of skin that is numb, especially if you have Diabetes
- Over areas of the body with known poor circulation
- In the presence of infection

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