Heat therapy with reusable heat packs by Herbert Hansen

Article published on August 2nd 2012 | Health

Warming the painful joints and muscles with the help of heat packs provides relief from the nagging pain. Applying heat to the painful area of the body dilates the blood vessels in the area, thereby boosting blood circulation, which helps to heal the sore muscles. Moreover, heat therapy helps to improve flexibility of joints and muscles, easing pain and improving mobility.

In most cases, repeated application of heat to the painful areas of the body is required several times a day. For acute pain, heat treatment may continue for several days, whereas chronic pains may require treatment for a longer time. For long time heat application, you need reusable heat packs that can be used repeatedly. Moreover, they are a cost effective heat therapy option. Instead of buying several disposable heat packs, a single reusable heat pack can be used for a longer time.

Uses of reusable heat packs

Reusable heat packs can be used for all types of heat therapies. They are widely used for treating inflammation and pain of the joints and muscles. Arthritis pain, back pain, cramps, muscle strains and tendonitis are common ailments that are treated with heat packs. Heat therapy with heat packs are frequently used in hospitals, rehabilitation centers, spas and fitness centers. You can even use heat therapy for rejuvenating your tired body.

How reusable heat pack works

A supersaturated solution of sodium acetate and water is the main constituent of a reusable heat pack. The crystallization process stimulated by pressing a small metal disc present in the liquid produces heat. Within a few seconds, the temperature of the heat pack can reach around 130Â° F. Good quality heat packs can sustain the heat generation process for more than two hours. However, for therapeutic use, for a single treatment session with a heat pack, retaining the heat for up to 30 minutes is usually sufficient. At the end of a heat therapy session, a reusable heat pack can be recharged simply by soaking it in boiling water for about 15 minutes. This helps to dissolve the sodium acetate trihydrate crystals formed during the crystallization process in water, to recreate the supersaturated sodium acetate solution. Once the heat pack attains the room temperature, it is ready to be used for the following heat therapy session.

While buying a reusable heat pack, select a medical grade product. Good quality reusable heat packs usually last a lifetime, and come with lifetime warranty.

Article Source:
http://www.articleside.com/health-articles/heat-therapy-with-reusable-heat-packs.htm - Article Side

Herbert Hansen - About Author:
Looking for a reusable heat packs? Visit us and Get detailed product information. We are a provider of specialty health care products and clinical support services. Specializes in digital a therapeutic heat packs products utilizes new a heat pack and innovative technologies to improve safety, increase efficiency, and bring cost savings.

Article Keywords:
heat pack,reusable heat packs,therapeutic heat packs

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!