

INSTRUCTIONS FOR USE

Thermal Packs are available in a variety of sizes. They will provide up to thirty minutes of moist heat therapy and are fully reusable. Thermal Packs are easy to heat and apply, using either standard terrycloth towels or Thermal Pack Covers.

IMPORTANT!

- Before using Thermal Packs, they **MUST** be pre-soaked and conditioned.
- If this is not performed properly, the Thermalator[®] tank may develop surface rust during use.
- Inspect the packs for tears, loose threads or damage before starting the pre-soak and conditioning process.
- If packs are not in good condition, do not use.
- **NEVER** use Thermal Packs directly on skin, as it may cause burns.
- Use Thermal Packs with Whitehall Thermal Pack covers or terrycloth toweling.

To PRE-SOAK and condition Thermal Packs, you must perform the following steps:

1. Hold each Thermal Pack by the corner loops (one white, one blue) so that the sections are horizontal.
2. Gently shake the pack back and forth to evenly distribute the filler material.
3. Place the packs (you may stack them) flat in a stainless or plastic container (DO NOT use aluminum container). Note: **DO NOT** use the Thermalator[®] to pre-soak/condition the packs).
4. Fill the container with enough clean water to completely cover the packs. If the local water supply in your area is not of very clean quality (is turbid, contains bacteria, etc.), use of distilled water is required.
5. Leave the packs to soak for a **minimum period of two hours** (longer is recommended). If the water becomes cloudy, change the pre-soak water and condition the packs again. Repeat as necessary until water remains clear.
6. Turn the packs upright and place in the Thermalator[®].
7. Follow the steps in the Thermalator[®] operating instructions for proper heating of the packs.



WARNING



DO NOT place Thermal Packs directly on bare skin. Skin burns may occur.

To APPLY the Thermal Pack

- Use either ordinary towels or Thermal Pack Covers.
- When using towels, wrap the Thermal Pack in a minimum of 5-6 layers of towels.
- Place the wrapped Thermal Pack on the area to be treated.
- To vary heat intensity, increase or decrease the number of towels.

CAUTION: Always apply the Thermal Pack to the patient. Never have the patient lie on the Thermal Pack. **DO NOT** apply over sensitive skin or on areas of poor circulation. Use extra care and judgement when using with infants or the elderly.

To CARE for the Thermal Pack

- For daily use, keep your Thermal Packs constantly heated in the Thermalator[®] unit. Be certain to follow proper procedures given in the Thermalator[®] operating instructions.
- For storage, place the packs in sealed plastic bags and place them in a freezer. Freezing soaked packs in sealed bags will keep them clean and prevent them from drying out. Drying does not damage the packs, but drying of the filler material will cause it to become caked and hardened. *If this should happen, the packs will require pre-soaking and conditioning again before use (refer to above steps).*



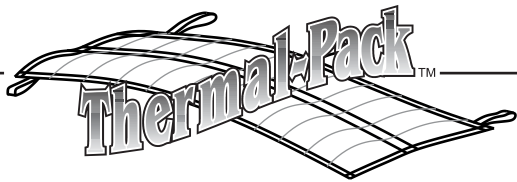
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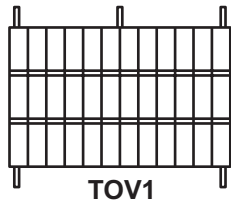
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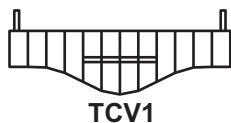
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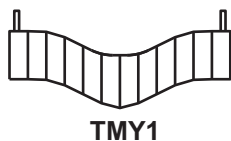
Standard Size
10" x 12"
(25cm x 30cm)
The most versatile
Thermal Pack size.



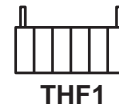
Oversize
15" x 24"
(38cm x 61cm)
Allows
treatment of
larger areas.



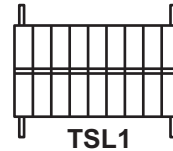
Cervical Size
24" Long
(60cm)
Easily conforms
to the neck area.



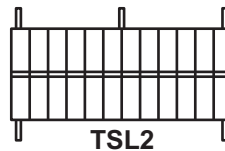
Myofacial Size
23" Long
(58cm)
Easily conforms
for treatment of
neck and face.



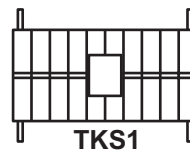
Half Size
5" x 12"
(12cm x 30cm)



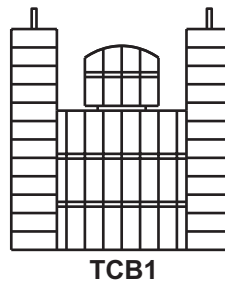
Spinal Size
10" x 18"
(25cm x 46cm)



Spinal Size
10" x 24"
(25cm x 61cm)

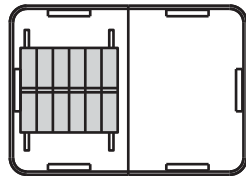


Knee-Shoulder Size
10" x 20"
(25cm x 51cm)
Center cutout lets pack
conform to joints.

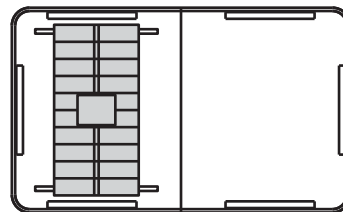


Cervi-back Size
24" x 23"
(61cm x 58cm)
Easily conforms for
treatment of back
and neck.

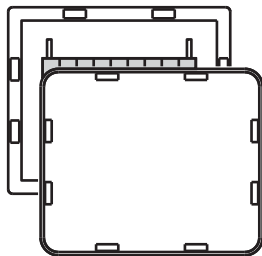
Thermal Pack Covers



Standard Size
ATC4 - All Terry
FTC4 - Foam Filled
For Standard & Half



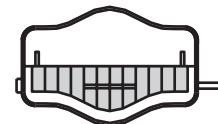
Oversize
ATC6 - All Terry
FTC6 - Foam Filled
For Oversize,
10" x 24",
10" x 18",
and Knee/Shoulder



Vinyl-Terry
VTC4 - Standard Size
VTC6 - Oversize



Myofacial Size
ATC1 - All Terry



Cervical Size
ATC2 - All Terry
FTC2 - Foam Filled



Drying Racks
TDR-4 - Holds to dry 4 TP Covers
TDR-6 - Holds to dry 6 TP Covers



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