

HOT & COLD PACK

TRISECTION HOT AND COLD PACK

Item Code: RA1100



- **Dimension:** 42 cm x 26 cm
- **Physiofit Trisection Hot and Cold Pack** can provide dual hot and cold therapy permitting specific treatment over the neck, back and the shoulder regions.

MULTIPURPOSE HOT AND COLD PACK WITH STRAP

Item Code: RA550



- **Dimension:** 37.5 x 15.5 cm with strap 36 x 5 cm
- **Physiofit Multipurpose Hot and Cold Pack with Strap** provides hot or cold therapy offering relief to sore muscles, aches and pain. The gel pack conforms to all the parts of body and can be firmly held in place with the elasticated strap.

INDICATIONS:

- Acute and Chronic Pain
- Swelling when used as cold pack
- Muscle spasms
- Headache, toothache, and menstrual Cramps
- Strain and sprains

- Soreness of muscles after exercises or strenuous activities
- Poor blood circulation
- Restricted movement of the injured part
- For Relaxation
- Adverse effects of cold in winters

USAGE: HEATING : at 850 Watt power for 45 sec. In the MICROWAVE ,shake and knead the pack to distribute the gel evenly and continue to heat further in 10 sec increment.
COOLING : In the freezer for min 2 hours.