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Hot Towel Therapy

- Gather together 3 towels that are all the same length and thickness.
- Get 1 towel in soaking wet, place towel in microwave for a few seconds (It will be moist and hot)
- When it is safe to do so, wring that towel out.
- Place that hot, wet towel in between the 2 dry towels.
- Place all of the towels directly onto the skin at the affected area listed below:

Back Shoulder Arm Leg Other _____

- Leave the towels on until cool:

_____ times a week, especially before your next treatment.

**Therapy Guidelines provided by Above & Beyond Massage Therapy Clinic.
Not responsible for any injuries that may occur from home care.**