

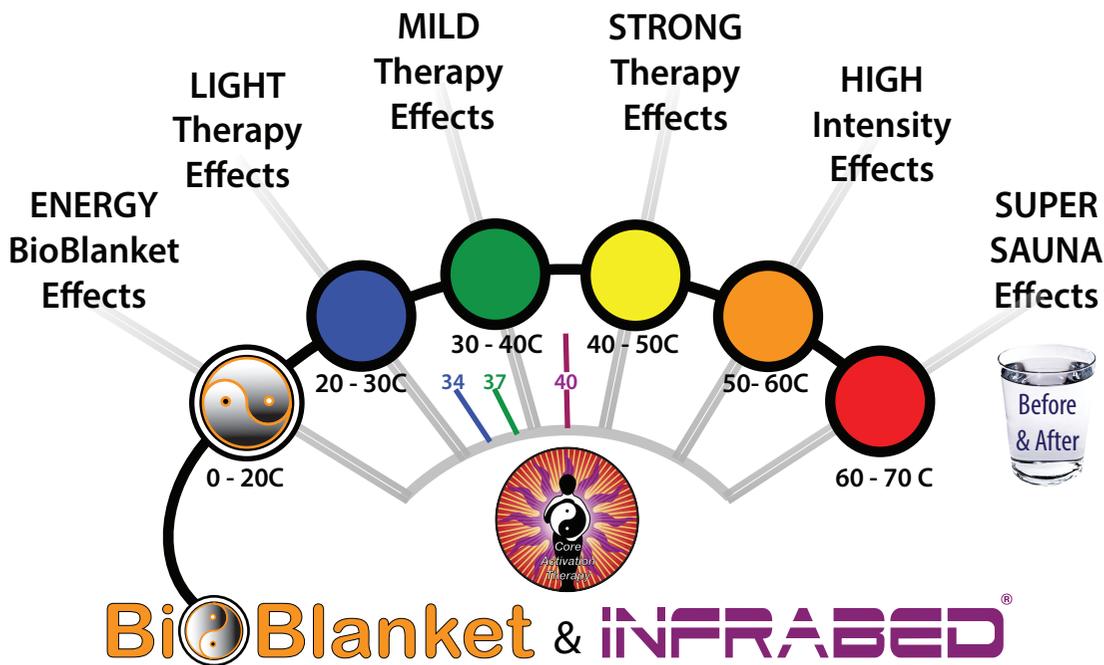
# Thermal Therapy Strategy



Start Low & Go Slow ..... Stay Well Hydrated



**Energetic Holistic Chronic Acute**



## Core Activation Therapy

<b>Acute</b>	1+ hours at 50+ degree
<b>Chronic</b>	2+ hours at 40+ degree
<b>Holistic</b>	4+ hours at 30+ degree
<b>Energetic</b>	8+ hours at 30 - degree

Set TIME - push Timer Button from 1 to 12 hours  
Set TEMP - roll Temp Wheel from 30 to 70 degrees



Use higher temperatures, over shorter periods, for smaller focus areas.  
Achieve whole body therapy at lower temperatures for longer periods.