

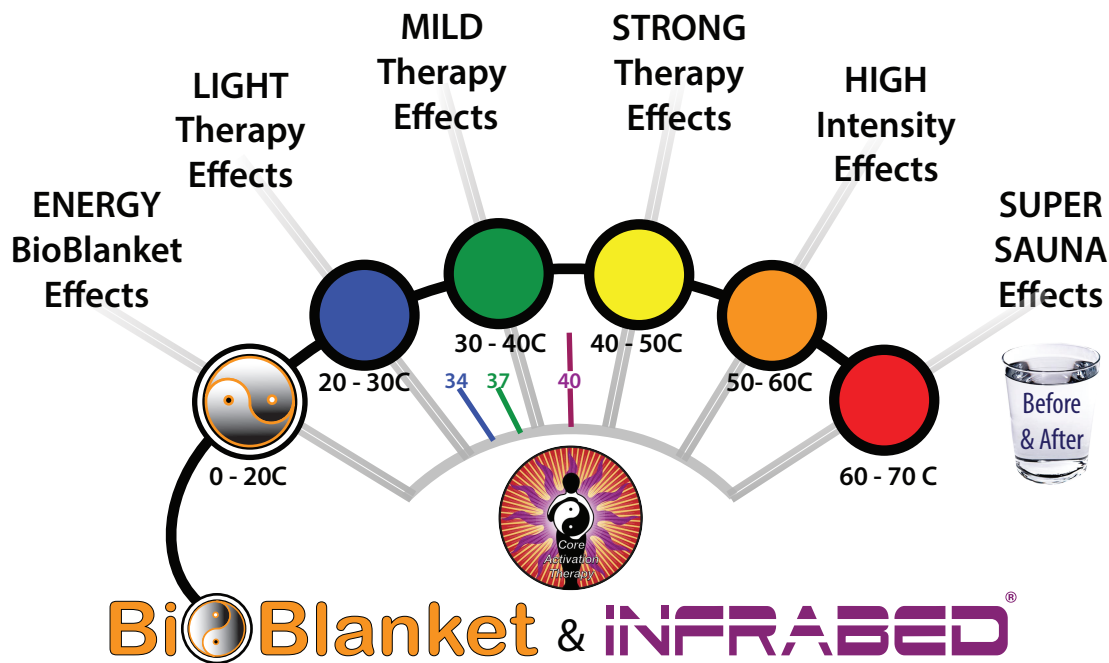
Thermal Therapy Strategy



Start Low & Go Slow Stay Well Hydrated



Energetic **Holistic** **Chronic** **Acute**



Core Activation Therapy

| | |
|------------------|-------------------------|
| Acute | 1+ hours at 50+ degree |
| Chronic | 2+ hours at 40+ degree |
| Holistic | 4+ hours at 30+ degree |
| Energetic | 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.