

如何使用热敷 居家计划

How to Use Heat Home Program (Chinese)

目的: Purpose:

- 使用热敷来帮助减轻疼痛和减少僵硬
Use heat to help reduce pain and to decrease stiffness

警告: Warning:

- 不要用在没有正常感觉的区域
Do not use over areas that do not have normal feeling
- 在皮肤和热敷用品之间放一层毛巾, 以防止灼伤
Place a layer of towel between your skin and the heat to prevent burns

热敷种类: Types of heat:

- 微波热敷包 Microwave heat pack
- 电热垫 Electric heating pad
- 米袜 (将未煮的米放入袜子中, 微波加热 1-1.5 分钟)
Rice sock (uncooked rice added to a sock and microwaved 1-1.5 minutes)
- 温水 Warm water

使用多长时间: How long to apply:

- 运动前使用 15 分钟 Use for 15 minutes before you exercise

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