

Thermionics™
1214 Bunn Avenue
Suite #5
Springfield, IL 62703

PLACE
POSTAGE
HERE

The Healing Process

When the body is injured, it responds with a series of repair functions. One of these functions includes an increase of blood flow to the affected area. While this is part of the natural healing process, it can sometimes lead to inflammation that results in swelling and pain. Applying the appropriate use of hot and cold therapies can help bring relief to these discomforts.

In most instances, doctors suggest a combination of four basic methods for a speedy recovery – a technique they refer to as **R.I.C.E.** (rest, ice, compression and elevation). For the "ice" part of the equation, applying cold immediately after injury can reduce both pain and inflammation. Continue with cold applications until the swelling has gone down, which typically takes a few days.

After the swelling subsides, you can then begin applying heat to increase blood flow into the injured area. This improved circulation aids in expediting the healing process and improving flexibility.

In order for an injury to heal properly, you should immobilize the injured area for 3 to 6 days. Using the injured body part too early can cause further damage and prolong recovery.

Heat Therapy vs. Cold Therapy

The type of therapy you need depends on the type of injury you have incurred. It is important to determine the appropriate therapy as using the wrong treatment can actually cause additional harm.

Heat Therapy Applications

Heat brings increased blood circulation to an affected area. This helps to relax tight muscles and restore flexibility in a wide variety of ailments such as:

- Muscle pain/soreness
- Muscle spasms/cramps
- Arthritis
- Chronic neck or back stiffness
- Menstrual cramps

Cold Therapy Applications

Cold decreases blood circulation to an affected area. This helps to reduce the swelling and pain caused by inflammation and relieves the discomforts often associated with:

- Joint/muscle injuries
- Back/neck pain
- Arthritis
- Sinus/stress headaches
- Post-surgical pain
- Sunburn/other burns

If you are unsure which therapy to use, consult your physician for the proper treatment method.

CAUTION

- Follow instructions carefully. Misuse can cause burns.
- Do not heat this product with any other means than a microwave.
- Do not apply the inner pad directly to the skin. Always use the cloth cover.
- Test the temperature before using by applying the ThermiBeads pad to sensitive skin, such as the underside of the wrist.
- Do not overheat. Overheating in the microwave can damage or destroy the product. Overheating will void your warranty.
- If overheated, check the pad for damage. If there is any sign of damage on the pad or cover, do not use the product and discard it immediately.
- Do not use while sleeping or on an unconscious person. Do not allow children to use or heat this product unless under close adult supervision.
- This product will produce moisture. Do not use while it is resting against furniture, etc., as the pad transfers moisture and will make the surface wet.
- Do not wet or wash the pad. The cover can be machine or hand washed after removing the pad. The pad can be surfaced washed with mild soap and water. (Allow sufficient time for the pad to fully dry before use.)
- Be cautious when using on people whose skin may be less sensitive to temperature extremes, such as infants, young children or older persons.
- Persons with diabetes, circulatory problems, nerve damage, paralysis or insensitive skin should use only as directed by a physician.
- Consult your doctor before treating any serious injury or if pain persists.
- **Do not use the ThermiBeads in conjunction with liniments, balms or lotions.**

Visit our web site at www.thermibeads.com

Thermionics™

Thermionics Corporation, Springfield, IL 62703 • 800-800-5728

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Assembled in USA

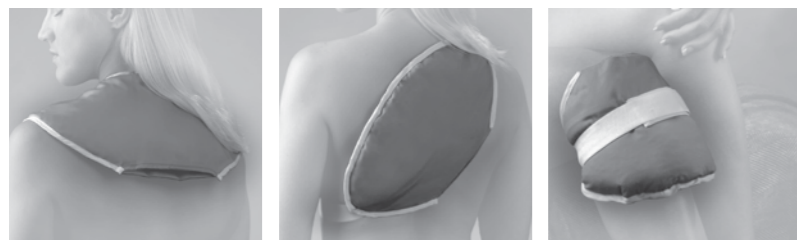
Thermionics™
BRAND

ADVANCED
THERMIBEADS®

MOIST HEAT PAD
for soothing, therapeutic pain relief

Instructions for Use

IMPORTANT: Please read and follow all instructions carefully and save for future reference.



Small pad has expandable Velcro™ straps that fit up to a 44 inch waist.

Thank you for purchasing the ThermiBeads Moist Heat Pad.

ThermiBeads is the most effective moist heat system available. ThermiBeads has this distinction because every bead is composed of a revolutionary ceramic compound that utilizes radiant energy to penetrate deeper than other moist heat applications. When warmed in the microwave, this patented "Theramics" compound allows the therapeutic, moist heat in the beads to transfer slowly and evenly to your affected pain area for more effective, soothing relief.

The following instructions are designed to help you experience the highest level of therapeutic, moist heat relief. Please read and follow them carefully.

NOTE: The only time the ThermiBeads pad and cloth cover should be separated is when the cover is being laundered.

Heating

1. Before heating, the ThermiBeads pad should be at room temperature.
2. Inspect the inside of your microwave and make sure it is completely clean and free of any liquid or food debris.

3. Make sure optional functions (such as browning) are turned off.
4. Place pad in cloth cover and position it in the center of the microwave oven.
5. Set microwave power to its "High" setting and heat the pad for 45 seconds.

6. If your microwave does not have a turntable, rotate the pad 180 degrees halfway through the heating time.

7. Test the temperature by applying the ThermiBeads pad to a sensitive skin area, such as the underside of your wrist.

- If the pad is too hot: set it aside until it has cooled down enough to safely use.
- If the pad is too cool: place it back in the microwave, heat for an additional 15 seconds, and test it again. Repeat if necessary but **DO NOT EXCEED A TOTAL HEATING TIME OF 1 MINUTE, 15 SECONDS.**

IMPORTANT: Do not exceed heating times. Overheating will damage pad and void the warranty.

8. Once proper temperature is reached, apply the cloth-covered ThermiBeads pad to the area you wish to treat.

CAUTION: Misuse can cause burns. Do not apply the inner pad directly to the skin. Always use the cloth cover. Carefully read "Cautions" on the back page.

9. Therapeutic-level heat will last for 20-30 minutes and then remain at a comfort level for an additional hour.

Reheating from Warm

1. Set microwave power to its "High" setting and heat the pad in 15 second increments until the desired temperature is reached.

NOTE: ThermiBeads are designed to absorb moisture from the air as they cool down and then release it into the cloth pad when heated in the microwave. If the pad is not allowed to cool long enough, continuous reheating can result in reduced moisture being released from the pad. For the beads to fully rejuvenate their moisture levels, simply let the pad sit at room temperature for several hours after being used.

Cold Therapy

1. Place ThermiBeads pad in its cloth cover and place in the freezer. After one hour it will reach the ideal therapeutic cold temperature.

2. Therapeutic-level cold will last for 20-30 minutes and then remain at a comfort level for an additional hour.

Storage

The ThermiBeads pad should be stored in a clean, dry place at room temperature when not in use.

Washing Instructions

Remove the inner pad containing the ThermiBeads. The cloth cover may then be machine or hand washed in cold water with mild detergent. Tumble dry.

Warranty

Thermionics proudly offers a complete warranty against failure of the inner pad or the patented Theramics beads for one full year from the date of purchase.

If you need equally soothing, cold therapy treatment, we recommend using our ThermiPaq® clay-based pad.

NOTE: As a condition of sale, the purchaser assumes responsibility for proper care and use of this product in accordance with our printed instructions. The purchaser or user must be the judge of when to use the product and for how long.

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www.thermibeads.com

Warranty is void if unit has not been used according to printed instructions, or if pad is broken or shows evidence of overheating or misuse.

If failure should occur, return the defective pad with proof of purchase to:

Thermionics Corporation
1214 Bunn Avenue
Suite #5
Springfield, IL 62703

The ThermiBeads pad will be replaced at no cost during the warranty period.

If you have any questions or comments, call Thermionics Corp. at 800-800-5728.

Thank you for purchasing ThermiBeads products.

Please fill out this card and return it to validate your warranty or submit your warranty information at www.thermibeads.com

Name _____
Address _____
City _____ State _____ Zip _____
Age _____ Male Female 13" x 7" 17" x 12" (U-Shape)
Purchase price \$ _____ Product Size: (Oval) (U-Shape)

Where was this purchase made? _____
How did you hear about ThermiBeads? _____

On what area of the body do you use your ThermiBeads?
Comments _____



All information is confidential. Thermionics does not sell information to other businesses.