

Hints for Handypersons

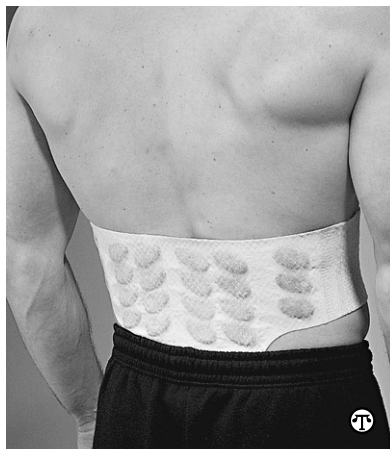
New Pain Relief Option Helps Do-It-Yourselfers Repair Their Back Pain

(NAPSA)—For do-it-yourselfers, pain can sometimes put a stop to a project even before it begins. Research shows that muscle aches, soreness and stiffness prevent nearly 50 percent of Americans from completing daily activities or performing at top-quality levels in their own lives. Now there is a new aid in the battle against pain.

Called ThermaCare®, the ultra-thin, disposable heat wrap delivers consistent, therapeutic, low-level heat for at least eight hours to provide powerful pain relief plus deep muscle relaxation. Heat discs (ThermaCells®) contain a mixture of common materials which, when exposed to air, give off a low-level heat that reaches a therapeutic temperature (104°F) within 30 minutes.

“We have known for years that heat therapy is an effective way to treat muscle soreness,” said Dr. Roger Kruse, head physician, XVIII Winter Olympic Games, and medical expert on low back pain. “But we never had a convenient way to apply the heat. ThermaCare, the most scientifically studied heat therapy ever, has cracked the code on muscle pain relief. Because it’s air-activated, do-it-yourselfers can now conveniently use heat therapy to treat muscle pain and soreness in their daily lives.”

Continuous low-level heat therapy penetrates deep into the muscle. This increases blood flow, which helps provide relief by washing away pain-causing substances and delivering oxygen and nutrients to the site of pain. In addition, continuous low-level heat is a natural form of pain relief, which is good news for people who



can't tolerate pills or are worried about mixing medications.

After training and preparing for years to represent his country in world-class competitions, speedskating gold medalist Dan Jansen now finds himself, as an avid do-it-yourselfer, dealing with muscle pain and soreness in his everyday life.

“When I was training and competing, I had access to world-class trainers and doctors who took care of my sore muscles,” said Jansen. “I don't have daily access to trainers anymore, so now I turn to ThermaCare for pain relief. Whether my muscles are sore from golfing or working out, the pain relief from ThermaCare allows me to stay in peak condition.”

Do-it-yourselfers can find ThermaCare, from Procter & Gamble's Health Sciences Institute, in the pain relief aisle at retailers nationwide.

To learn more about the product or the science of long-term, low-level heat therapy, visit www.thermacare.com.