

The image shows the back of a person with long dark hair, wearing a light blue top. A vertical white strip, representing the Therapacks product, is applied to the spine. The background is a solid light blue color.

**therapacks**<sup>®</sup>

hot and cold topical therapy

natural pain  
**relief**

sprains **cramps**  
**injuries**  
tensions **aches**

# Why choose Therapacks?

Therapacks® are Australian-made hot and cold packs, approved by the Therapeutic Goods Administration. Therapacks® have been developed by health care professionals and are the result of years of practical experience.

Therapacks® are easy to use, comfortable to wear and are available in a range of designs to suit most parts of the body while minimising any reduction in mobility. They work by subtly moulding to the contours of the body. Where helpful, our packs are fitted with secure Velcro straps.

Therapacks® are made from 100% cotton and are hand-washable; packs contain natural Australian lupin seeds - chosen for their remarkable heat-retaining qualities. Lupin seeds are odourless, pest-resistant, allergy friendly and, unlike hot water bottles or gels, safe in the event of spills.

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ARTG No. 162579

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# therapacks®

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## Neck & Shoulder Pack



The curved shape of the pack covers the vital areas of the shoulders and neck and keeps it in position without reducing mobility.

The pack can be applied to other parts of the body such as around the belly for mothers during labour. This pack is good for sore shoulders, stiff neck, headache and migraine, labour pain, sports injuries and muscle or body relaxation.

Available sizes:



## Back & Stomach Pack



The deceptively simple design of this pack gives targeted relief for pains and allows some mobility, as it can be held in place by clothing such as jeans, business pants or skirts.

Placed against the lower back, it eases tension and relieves back pain. Placed on the stomach, it relieves abdominal pain such as that caused by cramps. This pack is good for back pain, stomach ache, period pain, labour pain and sports injuries.

Available sizes:



## Elbow & Ankle, Wrist & Knee Packs



These packs are made to fit each joint and are held in place with Velcro fastening straps.

The Elbow & Ankle Pack is made to fit the ankle, elbow and upper arm, the Wrist Pack is designed to closely fit the wrist while the Knee Pack's special design wraps around the knee and is held in place with Velcro fastening straps, allowing the wearer to get up and move about if required. These packs are good for joint pain, repetitive strain, tennis elbow, arthritis, sprains, sports injuries and inflammation.

## Neck Ease Pack



Neck Ease is a small light pack which comfortably wraps around the neck and secures in place with Velcro and can also be used as a universal pack on other parts of the body. This pack is good for sore shoulders, stiff neck, sports injuries, headaches and muscle tension.

## Cuddly Pack



40cm (h)

This heat pack is specially designed for young children who find the direct heat of other packs uncomfortable.

The cuddly toy contains a heat pack tucked inside a pocket in the back to provide comforting warmth.

This pack is good for tummy ache and encouraging sleep.



## Lavender Eye Pillow



This cool relaxation eye pillow is filled with fine flax seed and lavender and fits softly around facial curves to alleviate nervous tension and promote restful sleep. This pack is good for headaches, relaxation, tired puffy eyes and computer vision syndrome.

# How and When to use Therapacks?

## The therapeutic benefits of cold packs

Cold helps to ease pain by slowing the chemical reactions that send pain impulses to the brain.

Cold helps to decrease swelling and hemorrhaging by constricting the blood vessels which limit the blood flow to the injured area.

## How and when to use a Cold Pack?

As a cold pack, use for sprains, swelling and minor burn injuries.

1. Immediately place the cold pack over the affected area for approximately 20 minutes.
2. Repeat the application every half hour as required or until the pain has eased and the swelling has abated.

## The therapeutic benefits of hot packs

Heat helps to ease muscular tension and cramps by increasing the blood flow to the injured areas. The flow of blood will bring oxygen and nutrients to facilitate the healing process.

## How and when to use a Hot Pack?

As a hot pack, use for lower back pain, stomach ache, headache, migraine, sore shoulders, labour pain and stomach, period and breast-feeding cramps.

1. Place the hot pack over the affected area for approximately 20 minutes
2. Repeat the application as required.

## When not to use a hot pack?

Packs should not be used on open wounds or in cases of deep vein thrombosis, peripheral vascular disease, neuropathy or impairment in skin sensation. Use only cold packs for acute inflammation.

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**WARRANTY:**

*Therapacks products are covered for six (6) months warranty against manufacturer defects.*

*Full details available on:*

[therapacks.com.au](http://therapacks.com.au)