

Hot & Cold Sitback Rest®

Hot and Cold Therapy for the Lumbar Spine



- Adds hot & cold therapy to our popular Sitback Rest.
- Use the hot and cold pack to treat back pain and ease discomforts.
- Sitback Rest can be used with or without the hot and cold pack.

Hot & Cold Sitback Rest

The Sitback Rest protects and maintains the proper spinal curve in any chair, while the hot and cold pack helps ease back pain from flare-ups or day-to-day discomforts.

Hot & Cold Therapy

Our Hot and Cold Comfort Pack can be heated up or cooled down for whatever treatment you need. Apply cold therapy for the first 72 hours following any acute injury, such as a sudden strain or sprain in the back. Alternate cold therapy with relaxing every 20 minutes. Repeat 3 or 4 times daily. Use heat therapy to help relax tight muscles. Alternate heat therapy with relaxing every 20 minutes.

Specifications

Options

- #490 Hot & Cold Sitback Rest
13 x 14" (33x36cm) Sitback Rest
6 x 10" (15x25cm) Hot & Cold Pack

Weight

- Hot & Cold Sitback Rest
Single - 3 pound
Box of 8 - 24 pounds

Colors

- Blue

Quality Materials

Our hot and cold packs are coated in frost-free fabric, not plastic. You can apply the pack directly to your skin right after removing it from the freezer or microwave. No towel needed.

