

HOT and COLD therapy

In today's society, many of us suffer from the nagging aches and pains located in our muscles and joints. Whether our pains are from muscle degeneration diseases like Fibromyalgia, MS or Arthritis, or pulled muscles or acquired sprains from sports, therapies such as hot or cold compress applications may assist us in offering some relief which may get us back to the things we love most-enjoying life itself!

Hot and cold therapy has been studied as early as 1918.¹ Cold therapy has proven to be effective in reducing inflammation (heat, swelling, soreness) in injured ligaments while hot therapy increases blood flow to the muscles, all of which control the pain level and edema (fluids) of our injuries and soreness.

It has been reported that 10-20 minutes of therapy is most appropriate when using either hot or cold therapy. Cold therapy has been traditionally used for immediate therapy of sprains, strains, fractures and other inflammatory conditions.² In addition, cold therapy has been practiced for chronic pains such as migraine headaches, tendon injuries and tension. It is stated that application of cold increases the patient's pain threshold by decreasing spasticity and excitability of free nerve endings and peripheral nerves thus offering pain reduction.³ Heat is useful in the rehabilitation phase of injuries. Heat therapy is effective for repetitive strain injury when coupled with massage and joint exercises.⁴ Heat alters the viscous flow properties of collagen to relieve joint stiffness⁵ (connective tissues become more elastic and are able to move freely). It has been reported that "moist" heat is more effective than "dry" heat in that it penetrates deeper into the muscles offering more relaxation to the muscles and joints.

Hot and cold therapy products are readily available to the market place and come in many shapes and designs to offer therapy for all parts of the body. There are products that have the ability to be used for both applications-hot or cold and others that are for a specific use only. It is imperative that when using these types of products, follow the manufactures directions for use. Too much cold can cause extensive nerve damage and too much heat can cause burns. Some additional notes to follow are: 1. heat should not be applied to sensitive skin as the patient may not be able to perceive discomfort and be unable to realize that the temperature must be lowered,⁶ 2. never use topical analgesics such as "Ben Gay" or others when using heat therapy as the chemicals in these medications increase blood flow to the surface of the skin and may hamper the thermoregulatory response of heat redistribution, causing severe burns.⁷

For additional information on hot and cold therapy, consult your physician.

¹ Covington D., Bassett F. (III), "When Cryotherapy Injures the Danger of Peripheral Nerve Damage", The Physician and Sports Medicine, vol 21, number 3, Mar 93:78-93

² Irrgang JJ, Delitto A., "Rehabilitation of the Injured Athlete", Orthop Clin North Am, 1995;26(3): 561-577

³ Covington D., Bassett F. (III), "When Cryotherapy Injures the Danger of Peripheral Nerve Damage", The Physician and Sports Medicine, vol 21, number 3, Mar 93:78-93

⁴ Pray S., "Hot & Cold Therapy", Supplement to U.S. Pharmacist, Nov 1996, entire supplement pg 2-8

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⁶ Irrgang JJ, Delitto A., "Rehabilitation of the Injured Athlete", Orthop Clin North Am, 1995;26(3): 561-577

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Head & Facial Therapy

Relief for minor soft tissue injuries of the head, face, and jaw. Use cold to reduce swelling, hot to stimulate blood flow.



SM301 Sinus Mask



CAP610 - Helmet



CAP600 - Sm/Med (hat size 8 or smaller)
CAP602 - Lg/XLg (hat size 9 or larger)
- Cranial Caps

Shoulder Therapy



SW9001 - Shoulder Wrap
SW9004 - Sm/Med Shoulder Sleeve
SW9005 - Lg/XLg Shoulder Sleeve

Lumbar Therapy (lower back)

The lumbar wraps relieve minor muscular back aches and pains.



LW202 - REGULAR (Waist 24" - 36")

LW203 - LARGE (Waist 36" - 52")

Hand & Wrist Therapy

Heat helps to restore flexibility and provides excellent therapy for minor injuries during, and after rehabilitation exercises.



TM7001 Therapy Mitten



Wrist Wrap can even be used on elbow



WR200 Wrist Wrap



HE5001 - Small 1 1/2" x 5"
HE5005 - Large 3" x 5"
Hand Exercisers



Quality Policy

It is the policy of Southwest Technologies Inc. to design, manufacture, market and distribute products consistent with our high quality standards. We periodically review the products for design and performance improvements.

The products will be designed and manufactured to reliably perform their intended functions as labeled. All products will be produced and marketed within the established company guidelines. CE

Dr. Edward I. Stout Ph.D.

Dr. Stout received his MS in Chemistry from Bradley University 1968. He obtained his Ph.D. in Organic Chemistry, with expertise in Polymer Chemistry, from the University of Arizona in 1973. He has positively impacted the world through the development of his patented unique Gel Technology now known as; Elasto-Gel.™ Dr. Stout founded Southwest Technologies Inc. in 1980 with the desire and vision to "treat the world well" by providing patients comfort and improved healing.



In 1983 Dr. Stout developed and marketed the first microwaveable/dual Hot/Cold pack and in 1987, he received the FDA approval to expand the Elasto-Gel™ technology for applications in wound management, scar management and padding materials. He continues to develop innovative product lines with the patient's well being in mind.

Dr. Stout has authored and published numerous scientific papers and holds many patents. He has been nominated for the Who's Who for the last twenty years both domestically and internationally and won the prestigious award of International Man of the Year 2001 for his developments in wound care products.

I. Features/Benefits

Southwest Technologies Inc. is the manufacturer of Elasto-Gel™ therapy products. Our line consists of over 40 different shapes and sizes so we can best fit each person's special need. Elasto-Gel™ products may be used for either hot or cold therapy and will not leak if punctured. When heated, products provide moist therapy heat and when used cold, products provide soothing cold without causing trauma to the skin or nerves. In addition, when used cold, the products remain soft and flexible even at -20°F. The products will not dry out, become hard or change form and are re-usable. The products have the ability to conform to all contoured areas and move with patient movement. Products are covered with a four-way stretch material that allows maximum conformity, heat transfer and comfort.

II. Questions Most Often Asked

- A. See care instructions for each product for heating, cooling and care.
- B. How long will the therapy last? Wraps provide therapy for 20-40 minutes. The wraps will stay hot or cold for a standard of 20 minutes, however will stay warm or cool up to 40 minutes.
- C. Cautions:
 1. Overheated pad will make a popping sound. The gel is fire retardant, however the cloth cover is not. Heating in a microwave, the wrap might have hot spots, like food. It is preferred that the product is on a rotating wheel in the microwave and also make sure the product is rotate during the heating process (See instruction sheets).
 2. Always store product in a re-closable bag when stored in the freezer. If you lose your re-sealable bag - use any re-sealable bag.

• Reduces Swelling

• Safe and Non-Toxic Gel Pack

• Easy to Use with Comfortable Fit

All Purpose Therapy Products

Soothe sore muscles and minor joint pain, sprains and strains. For areas: head, wrist, ankle, we suggest 4"x 24" or 6"x 16" wraps. For knee, neck and upper arm use 6"x 24". For the thigh, shoulder, back and knee the 9"x 24" is ideal. Additional lengths are also available.

- TW6001 - 4"x24"
- TW6002 - 6"x16"
- TW6005 - 6"x24"
- TW6010 - 9"x24"
- TW6030 - 6"x30"
- TW6040 - 9"x30"



- FA6080 - Foot/Ankle
- HC750 - 3"x3"



TW6001 - 4"x24" Therapy Wrap



FA6080 - Foot/Ankle Wrap

• Provides Comfort

Over 40 contouring shapes & sizes



(Knee w/whole insert)

- KW6001 - Sm/Med Knee w/Patella Hole
- KW6005 - Lg/XLg Knee w/Patella Hole

Hot & Cold All Purpose Packs

These items are covered with a urethane material that enables the product to be totally submerged in water. The lycra cover must be removed before placing the item in water. Due to the urethane cover, a damp cloth must be placed between the patient and the product to provide moist heat.

- HC804 - 12"x12" Hot/Cold Pack
- HC801 - 6"x8" Hot/Cold Pack
- HC805 - 8"x16" Hot/Cold Pack



• Both HOT or COLD plus COMPRESSION to Maximize Therapy

Cervical Therapy Products

Provides therapy for minor muscular and soft tissue cervical injuries.



CC102 - Cervical Collar



Support Rolls
CP4001 - Sm 3"x10"
CP4005 - Lg 4"x10"



back view



front view

NB105 - Neck & Back Combo Wrap

• For Cold use, store in the Freezer. Convert to a Hot Wrap in the Microwave or Oven

What our customers say

"I have been recommending Elasto-Gel products to everyone I know that has Fibromyalgia or Arthritis or any kind of pain. I use the neck wrap every single day and it is still as soft and pliable as the first time I used it." - C.K.

"I want to thank you for not only producing quality products but backing them up with quality service." - A.B.

"Elasto-Gel pads are lifesavers for anyone with an injury. Moist heat is the key to healing and Elasto-Gel pads are the only product that gives you moist heat without adding water or wet towels. Elasto-Gel products are easy to use and easy to wear. No mess, no fuss." - K.S.

"I can't thank you enough for my Elasto-Gel pad. It works wonderful and the relief it gives me is indescribable. It is not often that people really care enough for one another to go the extra mile for someone they don't know, and it is a sign of truly generous person when they give that all precious commodity of "time" to help another person out. Thank you for the great products and service." - N.A.

"After using your Elasto-Gel products, you don't have any competition. You will have a customer for life. Thank you for caring." - W.W.

"I wanted to take a moment to thank you for providing such a great product. I am a Licensed Massage Therapist and have been using your product since 1984. I use them several times a day and my patients seem to like the fact that they stay hot or cold during their whole session of 30 minutes. I am just now replacing my original packs from 16 years ago. They have held up tremendously through the years." - J.F.

"I wanted to keep you posted on the progress we are having on my friend who is currently using your caps which we purchased from one of your dealers. She is currently receiving chemo for Hodgkin's Disease and after 8 weeks of treatment and using your caps, I am still happy to report **NO HAIR LOSS!** Thank you for all of your great work and products." - A. C