



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Heat & Massage

We believe that heat and massage will be helpful for your problem.

2-4 times daily, perform heat/massage/stretching for 5 minutes each time.

Microwave a moist towel until comfortably warm.

Lay moist towel on affected area for 1-2 minutes.

Massage through towel, as aggressively as you can comfortably tolerate.

Stretch as well.

Improvement will be gradual. Contact us with update as discussed.

J. E. Decker M.D.