

THERMOTHERAPY

Meaning: Thermotherapy is a treatment method that uses heat to relieve pain, improve circulation, and promote healing in various medical and therapeutic contexts.

1. Thermotherapy is often used to alleviate pain and improve circulation in patients with chronic conditions.
2. Many athletes incorporate thermotherapy into their recovery routines to soothe sore muscles.
3. The clinic offers a variety of thermotherapy treatments, including heat wraps and infrared saunas.
4. Research suggests that thermotherapy can be effective in treating certain types of arthritis.
5. Patients seeking relief from muscle tension often find thermotherapy to be a beneficial option.

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