

FAQ

What is Therma4™?

Therma4™ is a revolutionary, easy-to-use, portable therapy device that helps you recover faster from injuries, prevent them in the first place, and Roll Away Muscle and Joint Pain.

Therma4™ delivers the four most important natural, scientifically-proven treatments in one powerful thermal roller: heat, cold, compression, and massage. Now, it's easier than ever to get those four natural, powerful healing aids you need for faster recovery and injury prevention.

How does Therma4™ work?

Therma4™ provides 4 proven therapeutic treatments for injuries and pain of the muscles and joints. Cold therapy is a natural anti-inflammatory treatment. Cold therapy works by reducing blood flow to the injured area, which reduces swelling and relieves pain. Heat therapy loosens muscles and helps the body bring healing nutrients to injured areas. Studies have shown that using heat therapy as a warm up to exercise helps increase muscle flexibility and increase joint range of motion, which helps improve performance AND prevent injuries. Compression and massage rid the body of damage and toxins, which speeds recovery. When used before activity, compression and massage loosen muscles and extend joint range of motion, which improves performance and prevents injuries. When compression and massage are combined with hot or cold therapy, the treatment goes deeper into the injured areas leading to faster recovery.

Who invented Therma4™?

Invented by Dr. Riley Williams, Therma4™ grew out of a clinical need that was not being served by any single product or device. There is a demand among doctors, physical therapists, athletics trainers, patients and athletes for a convenient, all-in-one treatment that combines heat, cold, massage, and compression – the four most powerful natural healing therapies for the muscles, joints, and tendons.

Is there research behind Therma4™?

Therma4™ was developed using scientific studies of injury and healing as well as insights from doctors, trainers, and therapists who treat elite athletes. The science of healing clearly demonstrates that the right kind of treatment leads to faster recovery and can prevent injuries. And, this treatment usually includes ice or cold temperature, compression, heat, and massage. Together, they have been proven to promote healing, improve recovery time, and reduce pain.

Is it safe?

Therma4™ uses only non-toxic, latex-free ingredients made in the USA. Please follow directions carefully for the most effective results. Using ice bags or other icing devices that just sit on your injured body part (static) runs the risk of skin burn or frostbite. Using static heat carries risk of burns and irritation. Therma4™ is a safe alternative because the Roller provides intermittent rather than static cold or heat on your skin.

Is Therma4™ battery operated?

No. Therma4™ doesn't use a battery. The Recharge Rollers can be used over and over

again, simply by placing it in the freezer or a microwave. The Instant Roller uses special, proprietary hot and cold packs to power its thermal action.

Therma4™ products

My Therma4™ rollers look different than the ones on the website. What is the difference?

The Therma4™ therapy device consists of a strong, durable, ergonomically designed handle with two roller options – Instant and Recharge.

The Instant Roller is instantly activated by Instant Hot or Cold packs so you can take it everywhere you go.

The older version of Therma4™ has a single Recharge roller that can be placed in the freezer for cold therapy, or microwaved for heat therapy. The end caps are the same color as the roller. If you have this version of Therma4™, [click here](#) for instructions.

The newer version has two Recharge Rollers – Recharge Hot and Recharge Cold. To make it easier to tell the difference between them, the Recharge Hot Roller has red stickers on the end caps and the Recharge Cold Roller has blue stickers. The Recharge Cold Roller is activated by placing in the freezer. The Recharge Hot Roller is activated by heating in the microwave.

Which Roller type is better: Therma4™ Recharge Rollers or Therma4™ Instant Roller and Instant thermal packs?

Your roller choice will depend on your needs. Rather than pick one or the other, many have both Recharge and Instant rollers so they can maximize the value they get out of Therma4™. You can buy Therma4™ Instant, which comes with one Instant Roller, one Recharge Cold Roller, one Recharge Hot Roller, and 12 Instant Hot and Instant Cold packs; you can keep a Recharge Cold Roller in the freezer, a Recharge Hot Roller ready for the microwave, and one Instant Roller with Instant Packs ready to go whenever and wherever you go.

Can I Buy More Rollers?

Yes. You can purchase Rollers and other Therma4™ products from Henry Schein.

Can I Buy More Instant Hot and Instant Cold Packs?

Yes. You can purchase Instant Packs and other Therma4™ products from Henry Schein.

Therma4™ for Therapy

How does Therma4™ help reduce pain?

Together with either heat or cold, compression and massage help to remove fluid from tissue – the kind that occurs with swelling. As swelling goes down, it results in decreased pain and increased range of motion and flexibility.

Is it harmful to use if I don't have pain?

No. Therma4™ is the ideal device to incorporate into your pre-workout warm-up and post-

workout recovery regime. You will maximize your benefits of injury prevention and rapid recovery.

How does Therma4™ accelerate recovery?

Cold temperature reduces inflammation and helps limit its effects. Heat helps bring healing nutrients to damaged tissue and increases flexibility. Compression and massage help your body get rid of toxic by-products of injuries, and increase muscle compliance. When compression and massage are combined with hot or cold therapy, the treatment goes deeper into your injured areas leading to faster recovery.

How can I tell if Therma4™ is working?

You will immediately feel heat or cold along with compression and rolling massage. Because everyone's body is different (and depending on your specific condition), you may notice improvement immediately or as treatment progresses over time.

How soon will I feel the benefit?

You may notice immediate improvement or you will feel it over time, depending on your specific condition and your body's unique makeup.

How long should I roll?

For cold treatments, roll 2-3 minutes at a time before resting 1-2 minutes and repeating as prescribed. For heat treatments, roll at least 5 minutes each time. You may vary the amount of compression you desire in each treatment by pressing down more or less firmly. For more details click [here](#).

How do I know when it's OK to get back to full activity?

It's always best to follow the advice of your healthcare provider after an acute injury. Usually, you will be ready to return to normal activity when your symptoms are minimal, or resolved, when engaged in day-to-day activities.

Can I use my Therma4™ and still participate in physical therapy?

Yes. Therma4™ provides many of the benefits of a physical therapy session in the privacy of your home or on-the-go. Your physical therapist may use Therma4™ on you during your therapy, and may recommend that you use it at home, too, to supplement physical therapist visits.

Who should not use Therma4™?

Therma4™ is safe to use by most people. It should only be used on skin that is intact. You should consult your healthcare provider about using Therma4™ after surgery.

Therma4™ for Heat Therapy

When should I use heat therapy?

Use heat to warm up muscles and joints before exercise or game play. If injured, usually, you use heat after the "acute" phase of an injury. In most cases, starting about 72 hours later. Heat stimulates blood flow. Applying heat to an area of chronic pain (stiff, sore,

nagging pain) in a joint or muscle that has no acute swelling or inflammation can help improve elasticity in the muscle and connective tissues of the joint. This effect makes movement easier, improves physical performance, and reduces the likelihood of injury.

How long should I heat the Recharge Hot Roller?

First, identify the correct roller. The Recharge Hot roller end caps feature the words **HOT** on a **RED LABEL**.

Always follow the instructions when heating the Recharge Hot Roller.

Place Therma4™ Recharge Hot Roller **flat (horizontal)** in the microwave. **YOU MUST USE A MICROWAVE TURNTABLE DURING HEATING OR DAMAGE WILL OCCUR. DO NOT PLACE ROLLER ON THE METAL RACK, IF PRESENT.**

Heat roller for **2 MINUTES**; test carefully for temperature and comfort. If more **HEAT** is desired, return the roller to the microwave and **HEAT** for an additional 30 seconds; test for desired temperature. You may repeat this step up to three times as needed to reach your desired temperature. **DO NOT HEAT FOR MORE than a TOTAL** of 3 minutes 30 seconds (2 minute initial heating plus three 30 second additional heatings) or roller damage may occur.

The roller should feel comfortably warm. Everyone will have a different comfort level with heat, so you control how warm to heat the roller.

How long does the Recharge Hot Roller or older version of Recharge roller stay warm?

Optimal temperatures when following instructions will provide at least 10-15 minutes of therapeutic heat. Follow instructions **VERY CAREFULLY** for best results.

Why is the combination of heat, compression and massage better than heat alone?

Heat helps to increase the local blood flow to the affected area, bringing healing nutrients. The effect of heat also facilitates the return of more normal motion to joints and flexibility to affected muscles, tendons and ligaments. Normal motion gets you back in action quicker. Compression and massage help get rid of the by-products of the inflammatory process. Massage and compression speed up this process and help you recover faster – by physically making these by-products available to the blood stream for removal. Massage also helps to mobilize lactic acid and enable the body to remove it from the muscle. When compression and massage are combined with hot therapy, the treatment goes deeper into your injured areas leading to faster recovery.

Therma4™ for Cold Therapy

When should I use cold therapy?

Use cold therapy, as soon as possible after injury, strains or sprains. Cold therapy helps treat “overuse” injuries or chronic pain by decreasing the temperature of the sore area – which reduces inflammation and constricts blood flow – reducing any swelling or inflammation within the muscles. Cold therapy after workout speeds up the recovery time it takes for your muscles to heal any micro-tears it might have sustained in the activity.

Why is the combination of cold, compression and massage better than cold alone?

Cold therapy works by lowering the temperature of the injured tissue locally which slows down the release of inflammatory mediators and returns the tissue to a more normal state.

Compression and massage help get rid of the by-products of the inflammatory process. Massage and compression speed up this process and help you recover faster – by physically making these by-products available to the blood stream for removal. Massage also helps to mobilize lactic acid and enable the body to remove it from the muscle. When compression and massage are combined with cold therapy, the treatment goes deeper into your injured areas leading to faster recovery

Should I use Therma4™ together with an ice pack?

Therma4™ eliminates the need for icepacks in most cases. By providing the added benefits of compression and massage with cold temperature, Therma4™ helps rid the body of toxic by-products of injury, and increases muscle compliance.

How long should I freeze the Recharge Cold Roller before use?

First, identify the correct roller. The Recharge Cold roller end caps feature the words **COLD** on a **BLUE LABEL**.

You should freeze the roller overnight before the first use. Individual freezers may behave differently and some take more or less time to freeze than others. For best results, store the Recharge Cold Roller in the freezer when not in use.

How long does the Recharge Cold Roller or older version of Recharge roller stay cold?

Optimal cold therapy will last for at least 10-15 minutes, if not longer. Ambient temperature will affect the length of time your Recharge Cold Roller and older version of Recharge roller will remain cold. Follow instructions for best results.

What do orthopedic surgeons, athletic trainers and physiotherapists say about Therma4™?

Therma4™ has been very well received. Doctors, trainers and athletes praise its convenience and effectiveness.

Therma4™ is endorsed and used by the National Basketball Trainers' Association and the Professional Soccer Athletic Trainers' Society.

How Do I Care for my Therma4™?

The manufacturer recommends cleaning the handle and roller by wiping it with mild dish detergent on a damp cloth or an alcohol wipe after each use. You may also use other alcohol-based disinfectant cleaners. The Instant Roller should be dried, inside and out, thoroughly before storing.

DO NOT SUBMERGE THE RECHARGE ROLLERS OR PLACE THEM UNDER RUNNING WATER. Water and other liquids, except normal condensation, should not enter the Recharge rollers.

Troubleshooting

I microwaved my Recharge Roller and now there is something leaking out. Can I still use it?

It is recommended to ALWAYS FOLLOW DIRECTIONS VERY CAREFULLY when heating the Recharge Hot, or older version of Recharge roller in the microwave. Performance varies greatly among various microwave ovens, so heating times may vary. Occasionally, microwave ovens experience power surges that can adversely affect your roller during heating.

If at anytime you experience leakage from your roller, or you have overheated your roller and it melts, you MUST REPLACE the roller. It should NOT be used again.

All materials, including the contents of the Recharge rollers are safe and pose no harm if it comes in contact with the skin. However, overheating the Recharge Hot or older version of the Recharge roller may pose a risk of burns to the skin it handled directly. ALWAYS USE CAUTION when handling the heated Recharge Hot or older version of Recharge roller, especially if overheating has occurred.