

Pain Management with Infrared Saunas

How Infrared Saunas Can Help With Pain Management

Infrared Saunas offer key features for combatting the symptoms linked with pain management. For example, the 360 degrees of infrared heat penetration that an individual will experience in the saunas ensures that all areas of the body are being targeted. Additionally, the oxygen ionizer keeps the air in our infrared saunas cleaner and more refreshing than the air outdoors. Literally. Don't believe us? Then trust the experts!

Benefits of Using an Infrared Sauna for Back Pain Treatment

Back pain is one of the most common ailments. Whether it's genetic or environmental, almost everyone has suffered from a stiff

Infrared saunas have been proven to aid in the fight against a wide range of health conditions, and that includes general pain management. We've all experienced varying levels of pain, but regularly relaxing in an infrared sauna can help.



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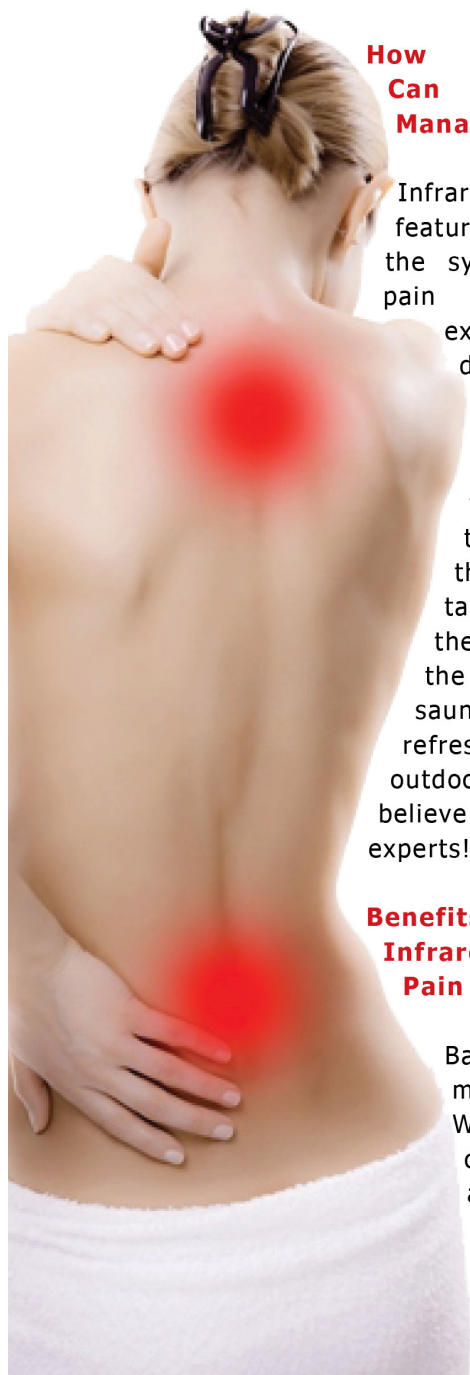
back or tweaked muscle. Using a sauna may be your answer to treating and reducing back pain while reducing future risk. Read on for more information on what may be causing back pain, tips on reducing pain, and how an infrared sauna can help.

Health Benefits of Using Infrared Sauna: Pain Relief

- Soothe aching muscles and joints.
- Reduce pain and stiffness.
- Improve joint mobility.

Are you a victim of any of the above? If so, you are not alone. According to statistics published by the National Institutes of Health, one in four Americans suffers from chronic and acute forms of pain. Pain affects more Americans than diabetes, heart disease and cancer combined, and is the leading cause of disability. Due to the diverse nature of many pain conditions, treatment programs may be difficult to implement. Finding a remedy that provides relief can be time consuming, frustrating, and costly. When pain medication and therapy does not provide a respite, options for pain management become limited. Fortunately, dealing with chronic and acute pain has now become easier thanks to the infrared sauna.

The idea of thermal therapy is centuries old, but



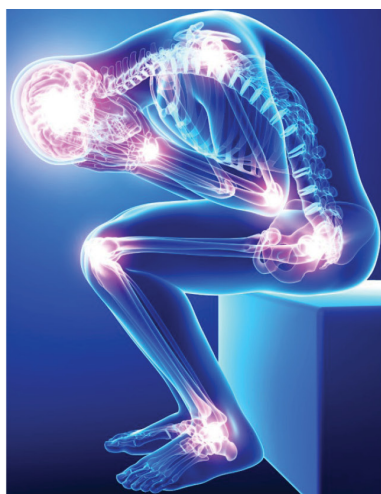
clinical studies have recently shown how valuable the sauna truly is as a therapeutic tool. As one study reports, pain indices were dramatically reduced in individuals who underwent thermal therapy. A follow-up study completed found that 77% of the sauna group had been able to return to work, compared to only 50% of the non-sauna group. Another study reported that "All patients experienced a significant reduction in pain by about half" after just one sauna session.

Saunas are not only effective at treating chronic pain conditions, such as fibromyalgia, CFS and arthritis. Thermal therapy is also a safe, healthy way to relieve acute pain due to muscle or tissues injuries, inflammation and swelling, and limited joint mobility.

Using an Infrared Sauna for Back Pain Relief

"For acute back pain," according to the Mayo Clinic, "over-the-counter pain relievers and the use of heat might be all you need. Bed rest isn't recommended." If pain relievers and heat don't work, you may need to move on to muscle relaxers, topical pain relievers, narcotics, antidepressants, or cortisone injections. If those things sound off-putting, there may be another option for breaking your pain cycle: infrared sauna.

Individuals with acute and chronic back pain can relieve much of the pain associated with these types of conditions with the use of an infrared sauna.



The radiant heat from the infrared sauna reaches down several inches below the surface of the skin to soothe the muscles. Infrared heat helps open the blood vessels, feeding nutrients to the muscles and ligaments

while the warming action also makes muscles and ligaments more pliable and less stiff.

Infrared saunas have been clinically proven to reduce low back pain. It has also been shown to be very low risk. The heat of the sauna has an effect similar to that of muscle relaxers, which are step two in the pain relief process after over-the-counter medications. The relaxation of the muscles interrupts the back pain cycle. Sauna, then, gives you the benefit of muscle relaxation without drugs. Furthermore, it doesn't just relax your muscles. It relaxes you.

Find Your Personal Pain Relief

Infrared saunas have resulted in effective in pain management therapy for many different ailments. Here are just some of the conditions in which infrared sauna therapy has been successfully used for pain relief. Peripheral Arterial Disease (PAD) Those who suffer from PAD can experience severe leg pain caused by reduced blood flow and oxygen to the lower legs, which can get worse with walking. But Japanese researchers found that infrared sauna sessions of just 15 minutes a day significantly lowered pain, and patients were able to walk twice as far without pain. Rheumatoid Arthritis and Ankylosing Spondylitis Those who suffer from autoimmune conditions such as rheumatoid arthritis and ankylosing spondylitis often struggle with pain management that comes with hefty side effects. DT

