After the initial warming to body temperature, place the mud pack, mesh side down, on the treatment site* (figure 1 & 2). Heating pack (blue) is heated to 50°C (or cooled in refrigerator) and placed on the top of mud pack (figure 3). Client is then covered with blanket for comfort (figure 4). Treatment time is the same for the local cold treatment - 20 minutes. Longer than 20 minutes can fatigue the patient or create a healing response which is undesirable.

* Do not leave the patient unattended. The mud pack can become hot and burn the patient. Place two layers of towels between a heating pack and the mud pack if the patient feels too much heat. If the mud pack gets too hot, simply remove the mud pack and heating pack from the patient. After a few seconds, reapply the mud pack and heating pack. However, add another towel between the heating pack and the mud pack.

Application: Torf mud pack application can be hot or cold depending on when the symptoms began. Two sizes of Torf mud packs allow various treatments:

Small pack:
- Cervical application: muscle spasm, pain, joint dysfunction, immobility
- Liver application: stagnant liver flow, mild hepatic pain, yellow tongue
- Joint application: problems in knee, elbow, wrist, or ankle
- Wound application: poor healing wound post-op

Medium pack:
- Back application: pain, stiffness, immobility, pre-massage, post-massage
- Joint application: shoulder, hip, sacroiliac, lumbar, thoracic
- Wound application: poor healing post-op
- Skin treatment: cellulite reduction, local detoxification

Note: For patients with hypertension, mud packs are welcome as symptoms may be relieved locally with a mud pack application since bathing in hot water may be contraindicated.
**BENEFITS:**

- Excellent heat/cold retention = better treatment results
- Very flexible = high comfort
- Weight = promotes better contact and coverage
- Durable construction = years of service
- Filled with 100% natural material = more ecological

Torf heating packs are made from a tough plastic filled with the natural peat. This is to take advantage of peat’s ability to retain temperature (5.5 times better than water). This translates into a heating pack that stays hot (or cool) longer while remaining very flexible and comfortable for the wearer.

**Why moor peat?**

Natural peat has low heat conductivity and much higher heat retention than other materials used in therapy (5.5 times that of water). This translates into uniform heat delivery over the course of treatment. This is important for effective heat therapy as it allows for deeper heat penetration without shocking the body thanks to the smoother temperature ramp up.

The use of the Torf mud pack creates significant hyperthermia in the treatment areas that last more than 30 minutes. Connective tissue therapy is much more effective than treatments without the mud packs and patients report feeling significant improvement after sessions and are generally thrilled to obtain so much relief.

**Krista Ingerick, BA, LMT**
Clifton Springs Hospital, Clifton Springs, NY

“After trying Torf heating packs, we replaced all other packs. They are much more comfortable, hold temperature much better and are easy to use. Our clients just love them and even want to take them home. They are Pittsburgh Steelers favorite.”

**Angela Baney, PT, CMT**

“I believe Moor Mud therapy should be an essential aspect of every acute and chronic musculoskeletal complaint. Moor Mud offers an affordable, environmentally friendly, hands-on therapy that encourages clinician and patient to focus on healing.”

**Dr. Kevin Conroy ND, Seattle, WA**

**Torf heating packs sizes:**
- Small: 5.5 x 14.5 inches
- Medium: 11.5 x 14.5 inches
- Large: 23 x 14.5 inches

**Using a large roaster for heating:**

- Use a metal rack to keep packs from touching bottom of the oven directly.
- Fill with water to keep all packs submerged.
- Never use dry oven heating.
- Always check water temperature with thermometer as the oven settings are unreliable.

Heating: Torf hot / cold packs are designed to be heated in hot water in a hydrocollator unit or a family size roaster (about 18 quarts)

**Always use thermometer to check heating water temperature!**

Do not freeze the pack! Peat contains water which would freeze after prolonged exposure to freezing temperatures causing the pack to become stiff.