

A HEAT PAD

Abstract

Described herein is a heat pad for delivering heat to a target body area of person comprising
5 at least one heat cell and a surface. The at least one heat cell being activatable for
generating heat therefrom to elevate the temperature of the heat pad to substantially within
an effective temperature range with the surface being shaped and dimensioned for
positioning over the target body area of the person whereto the heat is to be delivered for a
first duration. Wherein intermittently displacing the surface of the heat pad away from the
10 target body area after for a second duration before repositioning the surface of the heat pad
substantially over the target body area impedes prolong exposure of skin around the target
body area to heat within the effective temperature range.

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Figure 1

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