



DIY: Warm pack for you or your pet to cozy up to!

Here is a simple way to make your own warm pack. These can be great for soothing aching muscles in our arthritic pets or helping out muscles after a hard work out!

Supplies:

- 1) large size tube sock (Cotton blend works best)
- 2) Funnel
- 3) Uncooked rice (not minute rice)
- 4) A ribbon or string tie
- 5) Lavendar (optional)

Directions:

- 1) Stretch the tube sock, side to side and lengthwise
- 2) Then place the funnel at the opening of the sock
- 3) Pour uncooked rice into the sock $\frac{3}{4}$ to the top
 - a. Be sure to squish the rice down so that it firmly fills the sock
- 4) Add Lavender if desired
- 5) Then use the rope or ribbon to tie the sock shut 2 inches from the top of the sock
 - a. You may hand stitch the opening closed, however it is still recommend to tie around the top
 - b.

To use: Place the sock in microwave for 30-45 seconds (depending on the power) The sock should be comfortably warm on the back your neck. If it feels too hot, do not apply it on your pet until it cools to warm. Apply the heat to sore joints or muscles for 15 minutes or until the warmth dissipates from the sock.

***Heat therapy can be very therapeutic to relieve painful joints or muscles. It should not be applied over areas of inflammation or acute injury.**

