



THERAPEUTIC-STUDY

Luis Alberto Moreno Fernández, Diploma in PHYSIOTHERAPY FROM THE UNIVERSITY OF BARCELONA, COMPLETED THE STUDY OF THERMAL STYLE ERGONOMIC CHAIR AND THE THERAPEUTIC EFFECTS OF HEAT AND ERGONOMICS .

The fully ergonomic design of the seat allows the body to fit perfectly in position in order to rest, provide adequate lumbar support and elevate the legs to the level of the heart to alleviate fatigue.

THERAPEUTIC BENEFITS OF THERMOTHERAPY .

The heat produces a number of very important benefits across different areas of the body :

- VASCULAR SYSTEM
- NERVOUS SYSTEM
- CIRCULATORY SYSTEM
- RESPIRATORY SYSTEM
- MUSCULAR SYSTEM
- DIGESTIVE SYSTEM

The physiological effects of the application of thermotherapy are multiple :

At the cellular level , the metabolic processes increase to a point where , despite an increase in temperature , it decreases the metabolic effect .



In the bloodstream, the most important effect is that of thermoregulation acting locally, producing an effect of brief vasoconstriction (a narrowing of the blood vessels) then produces vasodilation (a widening of the blood vessels). Furthermore, it will produce a vasomotor reaction (the blood vessels alter in diameter) in the entire body. With all of this, the body will get better cell nutrition, increase the absorption of pathogenic products and bactericidal anti-inflammatory and analgesic properties.

In the digestive system, the heat decreases secretions and increases the tone and mobility of the gastric musculature accelerating excretion speed and increased intestinal peristalsis.

In the nervous system, hot short duration stimuli increase sensitivity and produce a long-term sedation and analgesia.

A muscular level heat produces muscle relaxation, it is antiespasmótico and banishes fatigue and increases elasticity and calm the mood.