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Pain no more: The new wrap-round pads help ease pain with body heat

A wrap-round pad containing a material that reflects the body's own infrared heat offers a new way to ease aching joints.

The reusable Fireactiv band contains a unique bio ceramic compound that delivers deep-tissue heat therapy without power or batteries.

It works using far infrared radiation (FIR) – a light wave that creates vibrations within human cells to create heat.

It's suitable for joint pain, sporting injuries, stiff muscles and arthritis, which affects about ten million people in the UK.

Businessman and company director Simon Everingham came across the technology through sheer chance.

'I was travelling in China three-and-a-half years ago and had a horribly stiff neck,' he says.

'One of my Chinese colleagues handed me a bandage and suggested I put it on.

'I was sceptical, but within ten minutes I could feel heat flooding through the area and the pain was alleviated.'

He began researching the technology with a view to launching his own range in the UK, and 18 months ago it was offered to physiotherapists for trial.

He explains: 'The fabric we use is impregnated with very finely ground bio ceramic crystal which is compatible with the human body. It is this which reflects and amplifies body heat.

'Feedback has been overwhelmingly supportive – doctors have even suggested that they may eventually become available on prescription.'

There is clinical evidence for FIR. A 2012 Italian study in the US found that it effectively treated knee arthritis, and in 2006 American research showed that FIR could alleviate chronic low back pain.

The fabric supports come with two pads, which are applied directly to the skin.

They are appropriate for the ankle, wrist, knee, back, neck, shoulder and elbow, with different designs for each part of the body (such as the neoprene neck support, £29.95, fireactiv.com).

The supports are worn up to four hours a day initially, rising to eight.