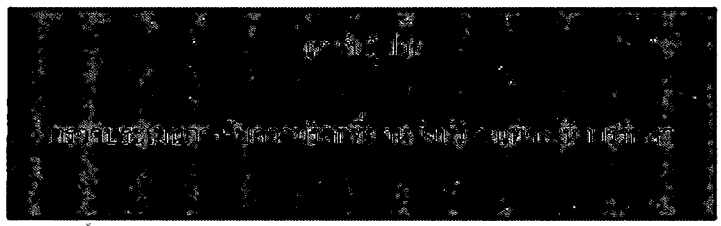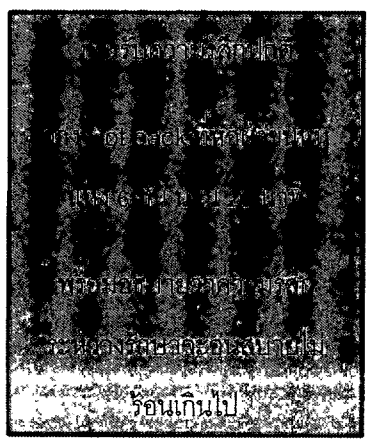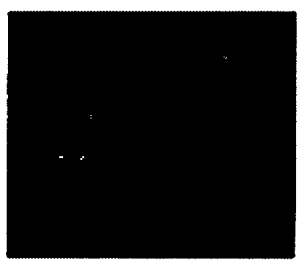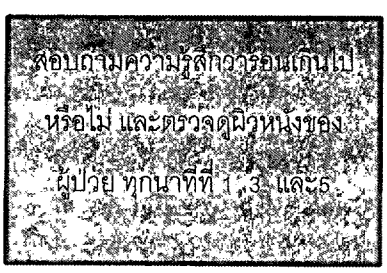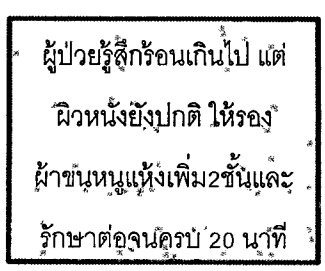แนวทางการให้การรักษาด้วยแผ่นความร้อน(Hot Pack)