

Free Heating Pad Pillowcase Pattern



Pattern Description:

This easy 30-minute project shows how to make a homemade rice-filled heating pad with a removable, washable cover.

Using soft cotton flannel, the pad is divided into four stitched sections to keep the rice evenly distributed.

Perfect for soothing neck and shoulder tension, it can be heated in the microwave or on a warm stove and reused anytime for comforting warmth.

Materials Needed & Measurements:

Item	Measurement/Quantity	Notes
Heating Pad Fabric	22 inches long by 16 inches wide	Must be cotton flannel without any metallic content.
Cover Fabric	24 inches long by 18 inches wide	
Rice	1 1/2 cups per section	Used to fill the bottom of each of the 4 sections.

Sections (Dividers)	Marks made every 5 1/2 inches	This measurement helps sew straight lines to create the 4 different sections of the pad.
Other Materials	Cotton flannel fabric scraps (can be used), Fabric pencil, Sewing supplies (thread/needle, etc.).	100% cotton corduroy.

Instructions for Making the Heating Pad Pillowcase Pattern:

Gathering and Preparing Materials

To begin, you must select the correct fabric, as it needs to be safe for heating.

- **Fabric Choice:** You must use cotton flannel fabric. It is critical that the cotton flannel used for the heating pad itself **does not contain any metallic material**; otherwise, it may cause problems when placed in a microwave.
- **Heating Pad Fabric Measurement:** Measure and cut one piece of cotton flannel that is **22 inches long by 16 inches wide**.
- **Cover Fabric Measurement:** Measure and cut the second piece of fabric for the cover (pillowcase) which should be **24 inches long by 18 inches wide**.
- **Filling:** You will need rice to fill the pad.
- **Tools:** Gather essential sewing supplies and a fabric pencil.

Sewing the Internal Heating Pad (The Insert)

The internal pad is sewn first, using the pillowcase method, and then divided into sections to ensure the rice filling stays in place and does not shift.

- **Fold and Stitch:** Take the heating pad fabric (22 inches long by 16 inches wide) and fold it in half the long way, with the wrong sides of the fabric facing out. The folded piece should now measure 22 inches by 8 inches.
- **Pillowcase Seam:** Sew along one short side and one long side, following the method for making a pillowcase.
- **Turn Out:** Once the sewing is complete on those two sides, turn the bag inside out.
- **Mark Sections:** Use a fabric pencil to make marks every **5 1/2 inches** across the length of the bag. These marks serve as guides to sew straight lines, which will create the four

internal sections of the heating pad. Creating these sections is crucial, as without them, the rice shifts too much and it becomes difficult to form the pad around the shoulders.

- **Fill and Sew:** Fill the bottom section of the heating pad bag with **1 1/2 cups of rice**. Carefully sew along the first marked line, ensuring you **do not try to sew over the rice**, which could break your needle.
- **Repeat:** Fill the next section with another 1 1/2 cups of rice, and then sew the next line. Repeat this process for the third and fourth sections until the entire pad is segmented and filled. Once complete, set the finished heating pad insert aside.

Creating the Washable Heating Pad Cover (Pillowcase Pattern)

The cover protects the heating pad from getting dirty and allows it to be washed regularly.

- **Hem the Opening:** Take the cover fabric (24 inches long by 18 inches wide). On one of the shorter (18-inch) ends, sew a hem.
- **Sew Pillowcase Shape:** Just as you did with the internal heating pad, sew the cover with the wrong sides facing. Stitch the fabric in a pillowcase shape, making sure to **leave the hemmed end open**.
- **Final Assembly:** Once the cover is finished, slip the heating pad insert into the cover, just like a pillow into a pillowcase, and the project is done.

Using the Heating Pad

The completed pad is long, making it perfect for placing over the neck and shoulders.

To warm the pad, place the entire thing (including the cover) into the microwave and warm it for about **1 to 2 minutes**, depending on the microwave settings.

Be careful not to warm it for too long, as this may scorch the bag and the rice. The pad stays warm for up to an hour.

If you do not have a microwave, you can warm it by simply laying it on top of a warm stove.

For moist heat (which some believe penetrates better), you can squirt the pad with water before heating it. The pad can also be placed in the freezer to function as a cool pack.