

## COOLING CUFF

### What is it?

The cooling cuff is manufactured with a stretchable neoprene that applies reusable gel ice packs to the affected area. It is used for compression cold therapy, and is a proven method to accelerate recovery after surgery.

### Why do I need it?

1. Lowers tissue temperature resulting in the constriction of local blood vessels thereby, decreasing swelling and inflammation.
2. Slows the metabolism and the consumption of oxygen of local tissue thereby, reducing rate of cell damage.
3. Numbs the nerve endings thereby, decreasing the transfer of impulses to the brain that register pain.

### How do I use it?

#### **Recommendations**

- Use a thin towel between cooling cuff and skin
- Apply for 10-15 minutes at regular intervals throughout waking hours of the day
- Allow 1-2 hours between treatments for skin to return to normal temperature
- Hand wash with mild dish soap, lay flat to dry

#### **Precautions**

- Never fall asleep when icing
- Do not place gel packs in direct contact with skin
- Consult a physician in cases of serious acute or chronic pain during or after compression cold therapy
- Keep incisions dry

### Where Do I get it?

Ortho Health  
1Quarry Ridge, Suite 105  
Barrie, ON  
L4M 7G1

### Prices:

Knee-	\$70.00 (2 gel packs)
	\$80.00 (4 gel packs)
Shoulder-	\$70.00
Elbow-	\$62.00
Ankle-	\$19.95