

## Cold Compression Therapy—Game Ready Device

### What is Cold Compression Therapy?

- Combination of cryotherapy and static compression
- Most commonly used for the treatment of pain and reduction of swelling injury and surgery

### Why Should I Use My Game Ready Device?

Using your device as prescribed is critical to see the benefits of the system listed below:

- **Reduce edema** – Excess fluids, or edema, can contribute to swelling and reduced range of motion. Active compression helps remove lymph and cellular wastes and other fluids.
- **Reduce pressure** – Swelling caused by edema results in uncomfortable pressure in the surrounding area, which can be relieved with active compression therapy.
- **Faster healing** – As excess fluids are pumped away, fresh nutrient-rich blood is pumped toward the injured area. Damaged tissues heal faster with access to vital nutrients and oxygen.
- **Less pain** – Pressure reduction translates to less pain and discomfort, and a faster healing process means that you will experience pain for a shorter period of time.

### Using Your Game Ready Device

**Step 1:** Turn on using the power button on the left hand side of the machine.

**Step 2:** Select therapy program to run.

Program 1: 30 minutes of therapy with a 30 minute rest cycle – NO COMPRESSION

Program 2: 30 minutes of therapy with a 30 minute rest cycle – LOW COMPRESSION

Program 3: 30 minutes of therapy with a 30 minute rest cycle – MEDIUM COMPRESSION

**Step 3:** Check thermometer (right hand side of screen) to ensure water temperature is below 50°F.

**\*\*NOTE\*\*** Temperature range for effective cooling is 40°F-34°F depending on the thickness of any bandages or clothing you are wearing. Temperature should be adjusted to tolerance using the dial on the right hand side of the machine.

