

Continuous Cold Therapy for Acute and Chronic Pain

Extended cold therapy is an effective way to treat pain and inflammation. Cold constricts small blood vessels and capillaries which diverts blood flow away from the injured area which reduces inflammation and swelling, and also provides muscle relaxation. Cold can reduce pain by slowing the conduction velocity of the pain signal. It can reduce the need for pain medication, improve healing time, and help improve therapy results. It is an effective tool for both acute and chronic pain patients.

For use in Long-Term Care, it is helpful to have two machines with Universal Pads that can be used on any part of the body. The primary concern with sharing the machines is infection control, so to address this, try using a disinfectant cleanser on the pads and on the outside of the ice machine after each use as well as clean the inside of the machine once a month.

For patients with pain that wish to exercise, the recommendation is to use heat before to increase the blood flow to the area, which helps muscle flexibility and joint movement. Once you've completed the activity, switch over to ice to help with pain and inflammation.

A relatively inexpensive and reliable option is the DonJoy machine with the universal pad. It can be found at www.mycoldtherapy.com.

Home > Donjoy® IceMan Clear3 w/ Universal XL Pad



Donjoy® IceMan Clear3 w/ Universal XL Pad

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Donjoy® IceMan Clear3 w/ Universal XL Pad 11-0502

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Cooler and Wraps

Cooler w/ Universal XL Pad and Extended Hose ▾

Quantity

1