

Ice Therapy

Cooling your surgical area will help decrease the swelling and relax the muscles. This will help decrease the pain and help you move your joint. Also controlling the pain with ice therapy will help reduce the pain medication you will need.

The recommendation of cold therapy is to apply it for 15-20 minutes at a time, four (4) to six (6) times per day.

If your surgeon suggests a *cold compression device* to help with your pain, please read and follow the patient information pamphlet that is provided at the time you rent or buy the machine.

Options available:

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| 1. Oversized Ice Pack | Purchase: \$40 |
| • St. Joseph's Health Centre
416-530-6058 Outpatient
Rehabilitation Services | |
| 2. Breg Polar Cube | Purchase: \$200 +\$100
(Multipurpose pad) |
| • St. Joseph's Health
Centre, outpatient
pharmacy, 416-530-6555 | |
| • OrthoMed Ltd.
905-628-3754
www.orthomed.ca | Purchase: \$ 200 + \$95 (knee pad) |
| 3. Game Ready | Purchase: \$5000
Rental: \$250/week
2 week minimum |
| • James Cartan, 647-828-3870
www.gameready.com | |
| 4. Aircast Cryo/Cuff | Purchase: \$189.43
(knee pad) |
| • OrthoMed Ltd.
905-628-3754
www.orthomed.ca | |
| 5. Don Joy Ice Man Classic 3 unit | Purchase: \$199 + \$85.00
(knee pad) |
| • OrthoMed Ltd.
905-628-3754
www.orthomed.ca | |