# **Cryotherapy Devices**

Christopher Ash Durable Medical Equipment Coordinator The Alpine Clinic, PLLC



Where good health begins.

### What is Cryotherapy

- A method of icing a localized area using a device to help reduce swelling and inflammation.
- Controls Swelling
- Pain management
- Assist in recovery
- May decrease medication use
- Devices can be used on either side of body



#### Insurance

- Unfortunately, these devices are not covered by insurance companies.
  - Workman's comp patients please contact Chris @ 603-991-0480
- Devices are purchased out of pocket
- If you would like a device or want to come look them. Please Call Chris @ 603-991-0480.
  - If a device is wanted, please contact Chris at the latest, the Thursday <u>before</u> your scheduled surgery.



### Knee Gel Wrap with 2 Gel packs



- Cost: \$60.00
- Comes with 2 gel packs
  - 1 gel pack is placed in device while the other one will be in freezer
- Elastic bands for straps
- Stays cold for about 2 hours
- 20 minutes on 20 minutes off
  - <u>Please have a barrier between leg</u> <u>and device</u>



Where good health begins.

### Hip Wrap with 4 Gel Packs



- Cost \$80.00
- The waist/thigh bands are elastic and fits a majority of patients
- Stays cold for about 2 hours
- Comes with 4 gel packs
  - 2 gel packs are used at once and the other 2 will go into freezer
- 20 minutes on 20 minutes off
  - <u>Please have a barrier between hip</u> <u>and device</u>



## Breg Polar Care Cube (Motorized) Will come with either <u>*hip*</u> or <u>*knee*</u> pad when ordered



- Cost: \$200.00
- Picture 1 (Device with knee pad)
- Picture 2 (Hip Wrap)
- Motorized not gravity fed
  - Ice and water are added to the device and the machine will circulate the cold water to the pad.
- Very reliable machine, we have had no issues with this device.
- 6-8 hours of continuous cold therapy
- 20 minutes on 20 minutes off
  - <u>Please use a barrier between knee or</u> <u>hip pad</u>



## Breg Polar Care Wave (Motorized) Will come with either <u>*hip*</u> or <u>*knee*</u> pad when ordered





- Cost: \$350.00
- Hi/Low setting option for added compression
- Motorized not gravity fed
  - Ice and water are added to the device and the machine will circulate the cold water to the pad.
- Very reliable machine, we have had no issues with this device.
- 6-8 hours of continuous cold therapy
- 20 minutes on 20 minutes off
  - <u>Please use a barrier between knee or</u> <u>hip pad</u>

