What is your **Cryotherapy I.Q.?**

**48 hours**

the time frame cryotherapy is most effective. Its effectiveness diminishes significantly afterward.

*Source: orthopedics.about.com*

**Ice is one part of the commonly recommended R.I.C.E. Therapy**

- Rest
- Compression
- Ice
- Elevation

*Source: firstaidzone.com*

**Icing for longer than twenty minutes** can cause further tissue damage including frostbite.

*Source: firstaidzone.com*

**Cryotherapy has been proven to improve peak levels of performance and reduce post workout recovery time**

*Source: Institute of Health Promotion*

cry·o·ther·a·py

[krahy-oh-ther-uh-pee]

noun

1. the use of extreme cold in surgery or other medical treatment.

*Source: dictionary.com*

**Cryotherapy treats growing numbers of Repetitive Strain Injuries**

- Carpal Tunnel Syndrome
- Tendonitis
- Trigger Finger
- Cubital Tunnel Syndrome
- Shin Splints
- Plantar Fasciitis

*Source: www.saveyourself.ca*

**Patient healing time with ankle sprain**

- 7.3 days *with ice*
- 10.2 days *without ice*

*Source: orthopedics.about.com*

**73%**

of consultants most often advocate the use of ice.

*Source: chkdsportsmed.com*

**Ice massage** may be incorporated into treatments.

Apply stroking movements with an *ice pack* to bring an increased supply of blood and nutrients to the area and increase rate of healing.

*Source: www.brianmac.co.uk*

**Brownmed**

Sales:

280 Summer Street
Suite 400
Boston, MA 02210
P 857-317-3354
F 857-317-3355

TF 877-853-5518
P 816-581-7001
F 816-581-7005

Manufacturing:

1300 Lundberg Drive West
Sprint Lake, IA 51360
P 712-336-2874
F 712-336-4395

www.brownmed.com