

Cold Compression Therapy

How It Works

Pain and swelling of a torn, sprained or pulled muscle is caused by the inflammation in the soft tissue. The sooner the inflammation is controlled following an injury, the quicker the injury will heal and the sooner you can **return to participation**. Injuries to the shoulder, back, calf, hamstring, and shin are among the most difficult to treat with ice. The use of a medical quality Ice Compression Wrap is ideal for these difficult areas.

Cold compression therapy constricts the blood vessels and slows down the metabolism of the cells. The reduced metabolism lowers the need for the oxygen and nutrients and slows the rate of cell death and the resulting excess build up of blood and fluid. This excess build up is the inflammation. Until you stop the inflammation, your injury will not heal.

Cold compression therapy also has a numbing effect on the nerve endings decreasing the impulses to the brain perceived as pain.

Place a ColdOne wrap in your home freezer for 2 or more hours and then apply to your injured area. The wrap is fully adjustable for compression to stop swelling and the icing factor will last about 15 to 20 minutes to stop pain. The wrap can be worn longer as the compression is beneficial, but due to the design, the gels give up the frozen state when icing is complete so there is no danger of overicing. The rubberized linen liner protects your skin from cyroburn and use of the wrap is completely safe!

MDs and Sports Injury professionals advise R.I.C.E.

REST - Rest and elimination of activity which aggravates the injury.

ICE - Apply Cold to stop pain and restrict excess Fluid to the injury.

COMPRESSION - To further inhibit swelling caused by excess Fluid to the injury.

ELEVATION - To further inhibit swelling caused by excess Fluid to the injury.

Coldone wraps deliver **both** cold therapy and compression therapy at the same time. The combination **drives the cold deeper** into the injured tissue than ice packs, "frozen peas", or frozen chemical gel bags.

Coldone's neoprene outer layer provides added insulation and prevents sweating on the outside while our specifically milled inner liner (stretchable, very tough) prevents sweating on the inside and protects skin from cryoburn. The Coldone wraps are not only effective, but comfortable when worn against the skin or over clothing.

The gel capsules are strategically sewn in place for each wrap to effectively provide cold coverage where it is needed. The individual gel capsules conform to the body curvature for a close comfortable fit. Other wrap manufacturers save money by using nylon, which can fatigue after repeated freezing, instead of neoprene and using inserts which are hard to place and unreliable and uncomfortable. They may provide cold, but not compression, don't have durability and don't come close to driving cold as deep as Coldone wraps.

Coldone offers a wide variety of products for specific injury areas. Each product utilizes the combination of **cold therapy** and **compression therapy**. The cold factor lasts about 20 minutes as recommended by medical professionals and trainers, and the compression therapy continues as long as the wrap is worn. Re-freeze and reuse.

ColdOne wraps should be used several times a day and everyday until you have recovered your range of motion without pain. The most effective use of a cold compression wrap is when it is worn after repetitive muscle use such as pitching, throwing, swinging, running, twisting, lifting, etc. Any muscle which is sore or swollen after exertion benefits greatly by immediate use of a ColdOne wrap. Make it part of your regular exercise routine.

All ColdOne products are manufactured to the high quality standards expected by sports therapy and medical practitioners. The wraps can be washed in a home dishwasher (top rack) and the inner layer can be disinfected with an anti-bacterial wipe if used for open wounds or post surgical applications.

ColdOne wraps are a terrific way to control the pain and swelling caused by sprains, pulled muscles, injured ligaments, and strained tendons. And cold compression therapy is the preferred modality of orthopedic sports injury specialists.