



FIELDHOME

*Rehabilitation • Skilled Nursing
Assisted Living • Memory Support • Child Care*

THE CENTER FOR REHABILITATION AT FIELDHOME ADOPTS NEW CRYOTHERAPEUTIC TECHNOLOGY

Cortlandt Manor, NY, November 2009 -- Cryotherapy is the therapeutic use of cold to treat medical conditions. For decades, cryotherapy has been an integral part of the RICE regimen (Rest, Ice, Compression, Elevation) which has been used to treat acute and chronic injury and assist in post-operative rehabilitation. There are many ways to apply the “I” and “C” components of the RICE regimen, most typically through the use of cold packs and ace wraps. However, this method is often cumbersome, inconvenient, and tends to be uncomfortable. In addition, most cold packs aren’t well suited to effectively treat many body regions, such as a post-surgical knee that optimally benefits from total contact sides therapeutic cooling (front, and back).

In May of this year, Ed Grano, MSPT and Director of Rehabilitation at The Center, introduced a product, brand name, Game Ready™, which is a high tech therapeutic cooling system originally designed for use by professional and college athletes. The system is the cold therapy treatment of choice of the NFL, NBA, NHL, and many Division I college athletic teams. It is the technology that readily translates to treatment of orthopedic post-operative conditions. According to Grano, “The urgency for elite-level athletes to achieve rapid recovery is paramount but this is no different from anyone who wants to achieve maximum therapy results following surgery. Anyone, regardless of age, who has undergone a total knee replacement wants to get through the recovery phase as quickly as possible with the least amount of pain. Our rehab team has such extensive experience in total joint rehabilitation, that making the decision to add advanced cyrotherapy technology as a treatment protocol was an easy one.”

Physical therapists typically use a lot of ice in rehabilitating patients with total joint replacement, especially in the early post-operative weeks, “but the various types of cold packs available just don’t provide the most optimal effect one can get from cryotherapy,” notes Grano. He also observed that patients who use a cryotherapy system experience less pain and swelling, and rely on fewer pain medications after surgery. The cryotherapy treatment maximizes the patient’s ability to progress through rehab rapidly.

By using anatomically designed, form-fitting wraps that surround the affected area and connect to a programmable control unit, the system simultaneously supplies customizable intermittent compression and cold therapy.

It enables the therapists to consistently administer the two most difficult-to-manage treatment components of ice and compression. During a single 15 minute treatment session, there is dramatic reduction in swelling and therefore pain.

Individuals contemplating joint replacement surgery should strongly consider the use of cryotherapeutic technologies. The Center for Rehabilitation at Fieldhome is the only sub-acute rehabilitation facility in the area that offers the Game Ready™ technology.

For more information, contact Ed Grano at egrano@fieldhome.com.

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