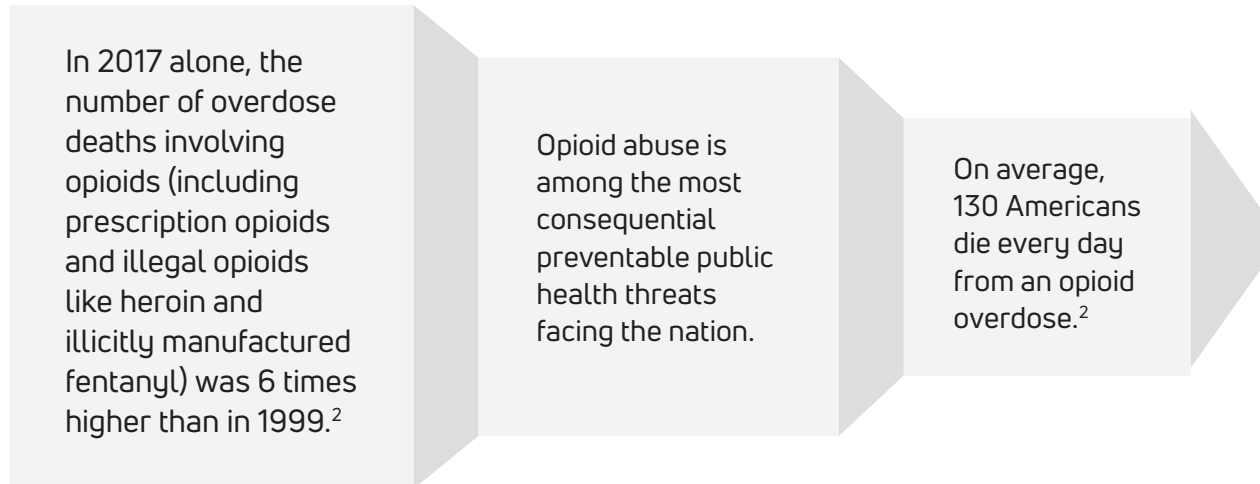


THE COLD FACTS ON PAIN MANAGEMENT

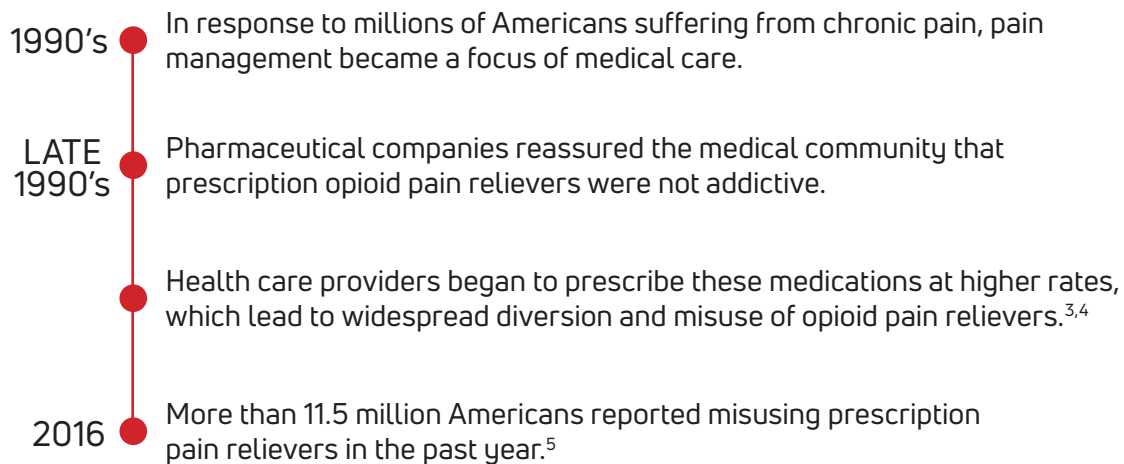
Cryotherapy: An Alternative to Aid Pain Management

PAIN MANAGEMENT IN AMERICA

“From 1999-2017, almost 400,000 people died from an overdose involving any opioid, including prescription medications and illicit opioids.”¹



THE PRESCRIPTION OPIOID CRISIS



PRESCRIPTION OPIOIDS

Can be **prescribed** for **moderate to severe** pain, after **surgery** or **injury**, or pain from health conditions like **cancer**.

Risks include **misuse**, **addiction**, **overdose**, and **death**, especially with long-term use.

Includes drugs like hydrocodone, oxycodone, codeine, and morphine.

OPIOID CRISIS FACTS & FIGURES

Public Health Impact

MORE THAN
35%

of the 47,600
opioid overdose
deaths in
2017 involved
prescription
opioids⁶

46
DEATHS

every day from
overdoses
involving
prescription
opioids⁶

5X
INCREASE

in overdose
deaths involving
prescription
opioids from
1999 to 2017⁷

180K

more deaths
predicted by
2020⁸

“Orthopedic Surgeons are the third highest prescribers of opioid prescriptions among physicians, accounting for an estimated 7.7% of all opioid prescriptions.”²⁶”

“Opioid use can have detrimental effects on clinical outcomes across the spectrum of orthopedic subspecialties.”²⁶”

ECONOMIC IMPACT

99% of the world's oxycodone
is consumed in the U.S.
according to The World Health Organization^{9,10}

\$78.5 billion economic burden of
prescription opioid abuse in U.S.
per year according to the CDC¹¹

Yet even as the amount of opioids prescribed and sold for pain has increased, the amount of pain that Americans report has not similarly changed.⁷

“92% of the world's opioid supply is consumed by just 17% of the world's population.”²⁶”

“The United States far outpaces all other nations in the use of opioids for pain control.”²⁶”

COLD THERAPY FOR PAIN MANAGEMENT

Cold therapy (also known as cold treatment or cryotherapy) is widely applied for temporary reduction of swelling and pain after surgery or injury.

CRYOTHERAPY

Evidence-based medicine studies indicate that patients undergoing TKA and arthroscopic ACL reconstruction have benefited from postoperative cryotherapy.^{15,16,17}

In injury recovery, cold therapy has been proven to help:

REDUCE PAIN^{12,13,14}

REDUCE SWELLING/ EDEMA

IMPROVE ROM

REDUCE MUSCLE SPASMS

BENEFITS OF COMBINED COLD & COMPRESSION THERAPY

Significantly helps reduce postoperative pain scores after TKA, ACL reconstruction, and wrist arthroscopy.^{19,20,21}

Showed significant decrease in VAS and decreased use of pain medication when compared to conventional icepacks^{22,23} aiding post-operative arthroscopic procedures.

After ACL reconstruction, showed improved ROM immediately, decreased VAS, and decreased edema.^{22,23,24}

In 2019, Senate lawmakers directed the CMS to boost non-opioid devices reimbursement.²⁵

Cold therapy is an affordable, easy-to use and effective treatment to aid in pain management.

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***WARNING:** This device can be cold enough to cause serious injury. Serious adverse reactions & safety hazards may occur when using this device. Read and understand all warnings and Instructions for Use, including contraindications, before using this device. DO NOT use this device without a prescription from a physician. Your prescription must state how long and how often the device should be used and the length of breaks between uses.

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