

Knee Cryo/Cuff® SC



self contained knee cold and compression dressing (11ASC)

The Aircast Cryo/Cuff combines focal compression with cold to provide optimal control of swelling, edema, hematoma, hemarthrosis, and pain. Simplicity of design and ease of operation makes it ideal for the ER, post-op, training room and home.

CLINICAL EXPERIENCE

Post-operative experience with the Knee Cryo/Cuff indicates "hemarthrosis formation can be minimized and pain reduced by early and extended use of the Cryo/Cuff compression dressing".^{2,4} In a study of post-op pain medication, use of the Cryo/Cuff was compared with continuous crushed ice, and with "Hot Ice™" therapy.³ In both comparisons Knee Cryo/Cuff patients required significantly less oral and injectable narcotic analgesics. Schröder, Pässler found that "Cold-compression treatment led to less post-operative swelling of the knee joint, early return to full ROM, lower pain scores, lower consumption of analgesics, and faster return of function."¹

FREQUENCY OF USE

The length of use and frequency of use of the Cryo/Cuff are determined by the healthcare professional depending on individual patient's needs.

CONTRAINDICATIONS

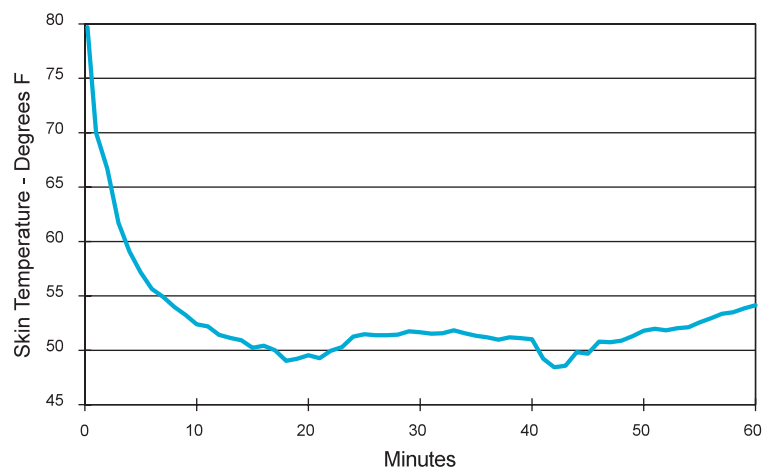
Cryotherapy should not be used on persons with Raynaud's or other vasospastic disease, cold hypersensitivity, decreased skin sensitivity, or compromised local circulation.

CARE

After use, completely drain water from cuff. Periodically clean cuff using a few ounces of liquid soap added to hot water. Rinse completely with warm water.



Typical Temperature Test



LATEX

All Aircast products are latex-free.

WARRANTY POLICY

Satisfaction – Aircast will provide prompt refund for any product that does not satisfy the physician for any reason whatsoever.

Durability – Aircast will provide replacement parts for any Cryo/Cuff that becomes unserviceable for any reason for a period of one year from date of sale provided the worn part is returned for analysis.

REFERENCES

1. Schröder D, Pässler HH: Combination of cold and compression after knee surgery. *Knee Surg, Sports Traumatol, Arthroscopy* 93: 1–8, 1994
2. Shelbourne KD: *Post-surgical use of the Cryo/Cuff Knee Compression Dressing, Protocol*. Indianapolis, Methodist Sports Medicine Center, 1989
3. Shelbourne KD, Rubinstein RA, McCarroll JR, et al: Postoperative Cryotherapy for the Knee in ACL Reconstructive Surgery. *Orthopaedics International Edition* 2:2, March/April 1994
4. Shelbourne KD, Wilckens JH: Current Concepts in Anterior Cruciate Ligament Rehabilitation. *Orthopedic Review* 19: 957–964, Nov 1990

Knee Cryo/Cuff® SC (11ASC) Instructions:

1 Fill cuff

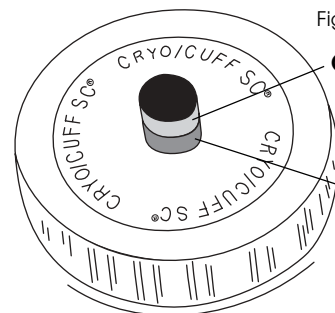
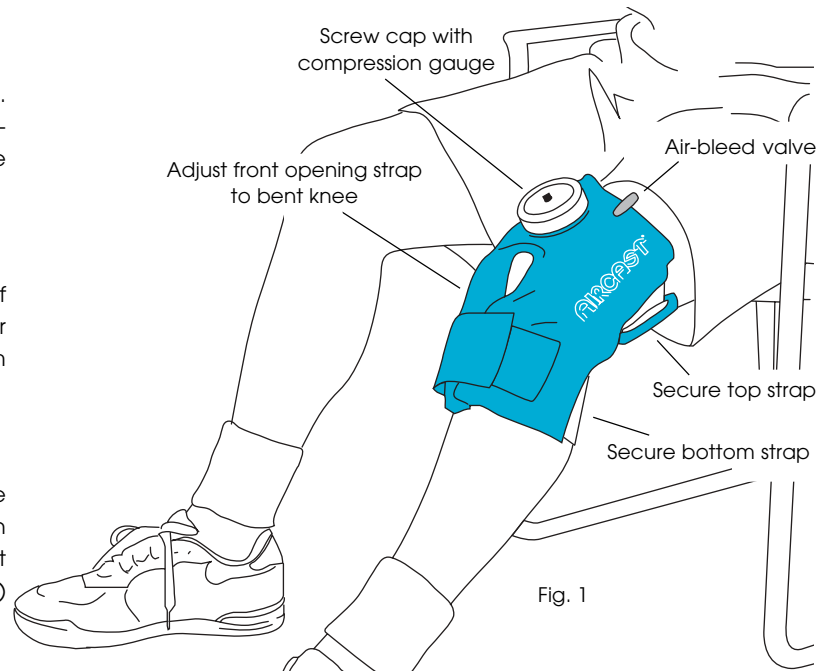
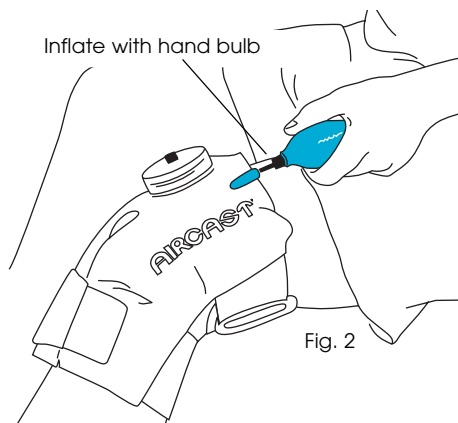
Fill cuff with ice, then add water to bottom of opening. Replace screw cap loosely. Bleed the air by gently pressing the cuff until the water level is almost to the top of the opening. Tighten screw cap.

2 Apply the FILLED cuff

Lay cuff on front of knee. Adjust front opening so the cuff conforms to slightly bent knee — knee cap should appear through opening. Secure top strap snugly. Secure bottom strap loosely for maximum comfort. (Fig. 1)

3 Pressurize cuff

Firmly insert **inflate** end of hand bulb into air-bleed valve (Fig. 2). Squeeze bulb several times until cap compression gauge rises into the green zone (Fig. 3). (Leg movement will produce normal fluctuations of compression gauge.)



Compression normal:
20 – 35 mmHg (±10 mmHg)

Compression high:
above 35 mmHg (±10 mmHg)
Adjust top strap to
reduce compression

4 After use, deflate cuff

Insert the **deflate** end of hand bulb into air-bleed valve. Squeeze hand bulb until it stops expanding. This will keep cuff from over expanding during next use.

CAUTION

- Do not use an elastic wrap in conjunction with the Cryo/Cuff.
- Dressings used under the Cryo/Cuff should be applied lightly.
- Patient's skin should be observed frequently due to individual sensitivity and susceptibility to cold.
- Reduce pressure with any sense of discomfort, numbness or tingling of the limb.
- The Cryo/Cuff is designed for single patient use only and may be used on the same patient for the length of treatment. The device should be cleaned if it is used on the same patient for an extended period of time (see "Care" for cleaning information).
- Federal law restricts this device to sale by or on the order of a licensed healthcare professional.

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