

GAME  READY™

INJURY TREATMENT SYSTEM

The Power of Recovery





Help Them Heal with Game Ready

Whether they're serious athletes or everyday, active individuals, no patient wants a prolonged recovery period from musculoskeletal injuries or orthopedic surgery.

A proven approach for rehabilitation and treatment is RICE – Rest, Ice, Compression, and Elevation. Game Ready offers adjustable cold therapy and intermittent compression in one easy-to-use system, making it easy for you to apply the two most difficult-to-manage aspects of the RICE regimen. Simple and convenient, the Game Ready System is an effective aid in the treatment of post-surgical and acute injuries where cold and compression are indicated.

What makes Game Ready different is a unique combination of active compression and circumferential cold therapy, comfortable form-fitting anatomic wraps, and adjustable pressure and temperature settings, all in a state-of-the-art system.

Cold therapy can decrease pain and muscle spasms, tissue damage and swelling, while compression has been shown to push fluids away from the injury site as well as reduce swelling which prevents tissue damage and promotes healing.^{1,2}



Continuous circulation of water and intermittent compression helps the healing process.

Who Uses Game Ready?

The Game Ready System is the injury treatment system of choice for thousands of prominent orthopedic clinics, athletic trainers and physical therapy centers. Also college, university and high school athletic programs and numerous teams in nearly every professional sport use the Game Ready System, including the NFL, NBA, and NHL.

Organizations such as the U.S. Soccer Federation, the U.S. Olympic Committee, and military operational forces including the U.S. Army Special Operations and the U.S. Navy SEALs rely on the Game Ready System as well. For a more comprehensive list of whos's using the Game Ready System, check out our website: www.gameready.com.



Why Use Game Ready?

Physicians:

From the shoulders to the ankles, the Game Ready System can be easily applied to help in the treatment of a variety of musculoskeletal injuries and for post-operative rehabilitation. With its intermittent compression and adjustable cold therapy, the Game Ready System has become a standard of care for treating post-operative orthopedic patients. The system features a comprehensive range of lightweight, easy-to-use wraps such as the CPM-compatible Articulated Knee Wrap, which provides circumferential coverage while allowing the patient to fully flex the knee.

Athletic Trainers:

Game Ready provides you with a convenient, comfortable, and portable tool that you can use for treatment in the training room, on the field, or on the road. The system is different from traditional treatment methods, like ice packs or simple circulating ice water units. The Game Ready System continuously cycles fluid throughout the form-fitting, flexible wrap, keeping it cold throughout the entire duration of an application or treatment. With adjustable time pressure and temperature settings, treatment sessions can be tailored to every athlete's needs.

Physical Therapists:

Game Ready is an in-clinic device designed to complement your physical therapy protocols and help you provide optimal care practices to your patients. With Game Ready, you can apply the most difficult to manage aspects of the RICE regimen. The system features a portable Control Unit that allows you to regulate pneumatic pressure and time settings with just the push of a few buttons. And because Game Ready is so comfortable for the patient, they often return to the clinic for multiple treatments.



We Make It Easy.



❖ step 1



Fill the Control Unit with ice and water.

❖ step 2



Connect the Control Unit to the AC Adapter, then to a grounded electrical outlet.

❖ step 3



Apply the selected wrap.

❖ step 4



Attach the Connector Hose to the wrap, then to the Control Unit.

❖ step 5



Press the power button.

❖ step 6



Adjust the temperature.

❖ step 7



Select pressure and time settings in Manual Mode or select a program in Program Mode.

❖ step 8



Press the play/pause button to start.



The Game Ready Advantage

Here's what makes Game Ready a powerful recovery tool and an easy-to-use treatment option for soft tissue injuries and post-surgical care:

Adjustable Cold Therapy – Cold therapy has been shown to decrease pain and muscle spasms, tissue damage and swelling¹. Game Ready's temperature adjustability allows for customized and comfortable cold application which can help to improve patient compliance.

Intermittent Compression – Compression has been shown to limit swelling, control edema formation, and encourage acceleration of the healing process^{1,2}. In addition, intermittent compression has been shown to be more effective than static compression in the clinical setting². Game Ready's intermittent compression conforms the wrap to the contours of the body to aid in the delivery of cold therapy.

Enhanced Comfort and Ease of Use – Game Ready's circumferential wraps are easy to apply and comfortable to use without the mess or hassle of ice packs.

Portable Therapy – Our battery pack option and customized carry bag allow you to administer treatment on the go or wherever it is required.

One-Year Warranty – A one-year warranty is provided on the Game Ready Control Unit and each wrap's air and water chamber.



User-Friendly Features and Functionality

With a number of contemporary design features, Game Ready delivers ease of use, and enhances the patient's experience:

- A wide opening in the Control Unit enables easy handling of ice and water
- An ergonomic handle makes the Control Unit comfortable to carry, and allows for two handed carrying
- A simple user interface gives users clarity about the unit's operational state
- Six pre-set continuous run programs minimize the need to reset the unit between treatments

A Wrap for Every Requirement

Game Ready uses breakthrough NASA spacesuit technology to offer a comprehensive range of anatomically designed wraps. Our wraps bring therapy to virtually every major body part – including an Articulated Knee Wrap designed specifically for use in a CPM machine following ACL or total knee repair.



Knee Wrap



Articulated Knee Wrap



Ankle Wrap



Shoulder Wrap



Elbow Wrap



Wrist Wrap



Back Wrap



Hip/Groin Wrap



Cooling Vest



All Game Ready Wraps are designed in two parts: a removable outer sleeve, and an inner dual-action, air-and-water chamber.

Healing Power

When patients have been injured or have had orthopedic surgery, they want two things: to heal well, and to feel better. The Game Ready System gives the health care professional and the patient the upper hand in rehabilitation and recovery, making the healing process easier for everyone.

Game Ready Studies:

1.

A comparison of intramuscular temperature of the thigh during treatments with the Grimm CRYOpress and the Game Ready Accelerated Recovery System

Seamon CL, Merrick MA. J Athletic Training 40(2): S99, 2005.

In this study, skin and intramuscular temperature were measured at 30 second intervals during baseline and treatment periods. "The principal conclusion is that the smaller, portable Game Ready™ device can be used instead of a larger, less portable CRYOpress™ without compromising the thermal effectiveness of the treatment."

2.

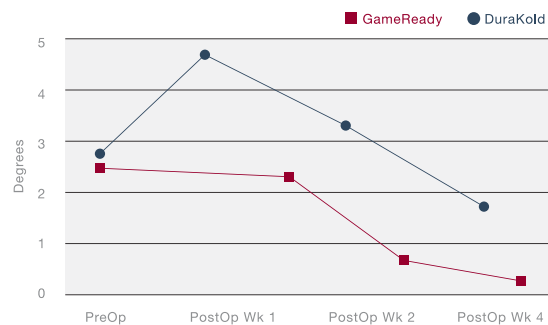
Active Cooling and Intermittent Pneumatic Compression Device vs. Standard Cold Therapy after Knee Arthroscopy

Goradia, V. K., MD, Warnock, N., MD, MBA (2007): Presented at Arthroscopy Association of North America April 2007.

"Following knee arthroscopy, an active cooling and compression device showed improved range of motion at 2 and 4 weeks postoperatively compared to standard cold therapy. Reduction in swelling and pain were comparable between treatment groups."

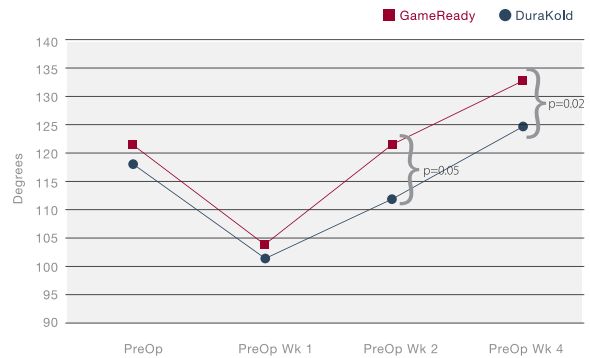
Change Over Time: ROM Extension

Normal Knee = 0°



Change Over Time: ROM Flexion

Normal Knee = 135°



Randomized, controlled study comparing 40 patients who used either Game Ready or a DuraKoldice pack following knee arthroscopy.

3.

Effects of Continuous Circulating Water and Cyclical Compression on Intramuscular and Surface Temperatures

Womochel, K.S., Trowbridge, C.A., and Davis, D.R., Southwest Athletic Trainers' Association Annual Meeting. Arlington, TX, July 2007.

First Prize Student Competition. A study of the effects of continuous circulating water and cyclical compression on muscle and skin temperature in the distal quadriceps after a 30 minute treatment and 30 minute re-warming in sixteen healthy volunteers showed "Game Ready with (cyclic) compression seem(ed) to have a greater magnitude and longer duration of cooling than PolarCare".

References:

1. Knight KL. Cryotherapy in Sport Injury Management. 1995. Human Kinetics, Champaign, IL.
2. Sabiston KB et al. The effects of intermittent compression and cold on reducing edema in postacute ankle sprains. Journal of Athletic Training. 1992;27(2):140

"Utilizing Game Ready following orthopedic procedures, we've seen a dramatic decrease in post operative pain, a decrease in hospital stays, and quicker return to work or athletic participation."

Sanford Kunkel, MD
Orthopedic Surgeon

"I came to a plateau with a very difficult knee replacement and after 2 consecutive day treatments with Game Ready, knee ROM increased from 75 to 87 degrees pre-treatment. This device has saved that patient 3-5 weeks of unnecessary rehabilitation in my opinion."

Ken Stack
Owner, S.T.A.C.K.
Physical Therapy & Corrective Exercise

"We have been able to objectively quantify decreases in swelling and edema on pre- and post-treatment bases."

Chuck Krpata
Advanced Orthopedic
& Sports Physical Therapy
Carmel, CA

"I've seen a two-fold increase in recovery rates. Guys are back in half the time."

Stan Conte, PT ATC
SF Giants Trainer

"In my experience, this device is not only extremely beneficial to patients, but also an effective means of reducing overall health care expenses."

John P. Albright, MD
University of Iowa Health Care

"The patients are singing its praises. I have spoken to two patients the morning after their surgery and they couldn't say enough."

Maggie Cladwell, RN
Beltway Surgery Center

GAME  READY™

Interested in learning more?
For a Game Ready Representative in your
area or more information, call toll-free
1.888.GameReady (1.888.426.3732)
www.gameready.com