

## PRODUCTS

Physicool bandages come in two sizes:

Size A – Small (10cm by 2m) is suitable for wrists, elbows and ankles.

Size B – Large (12cm by 3m) is suitable for knees, thighs and shoulders.

Each bandage will give 4 x 30min uses, or 1 x 2 hour use before needing to be recharged.

The 500ml Coolant will:

give the A bandage 25 x 30min recharges

and the B bandage 17 x 30min recharges



Size A Bandage



500ml Recharge Coolant



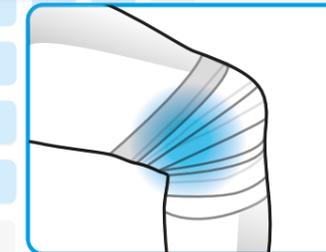
Size B Bandage



Combi Pack

## HOW TO USE

- 1 Open**  
Tear the pack above resealing line to open.
- 2 Squeeze**  
Remove bandage and squeeze out excess fluid.
- 3 Wrap**  
Like a compression bandage, wrap injured area.
- 4 Fasten**  
Use Velcro strap to fasten bandage.
- 5 Aerate**  
Don't cover the bandage, allow air to circulate around it.
- 6 Recharge**  
Preserve bandage for re-use by re-rolling and placing back into pack to recharge.  
Recharge by spraying the coolant into the resealable pack or by spraying directly onto the bandage.



**physicool**™   
Rapid Relief, Rapid Recovery

For more information and to place an order please contact

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“We use the Cooling Bandage to aid recovery. Physicool greatly reduces swelling and inflammation, reducing pain, whilst helping speed up the recovery process, getting players back on their feet faster.”

Dan Martin, Head of Medical Services, Bristol Rugby Club

## HOW PHYSICOOOL WORKS

Physicoool bandages come pre-treated in rapidly evaporating coolant. As the coolant evaporates, latent heat is absorbed, **drawing swelling** and **inflammation out, reducing pain**. The CE Marked bandage is manufactured using an open-cell weave which acts as a conduit for the Coolant, it is 100% stretch cotton and contains no elastic and so cannot be over tightened.

The bandage needs **no prior refrigeration** and is ready to use straight from the pack. After 2 hours of use the bandage will start to dry-out. **Recharge** by spraying the coolant into the resealable pack or by spraying directly onto the bandage.

## WHERE IS PHYSICOOOL USED

Physicoool is currently being used within the **NHS, private hospitals** and **private practices** to reduce pain, swelling and inflammation across a wide range of applications. Due to the initial **success** achieved after **total knee arthroplasty**; Physicoool is now being used to treat all **sprains, strains, ligaments** and **tendons injuries**.

Physicoool is also used to treat joint inflammation, haematoma's and rheumatoid arthritis, **enhancing patient rehabilitation**.

## FEATURES AND BENEFITS



**\* SWELLING/INFLAMMATION REDUCTION** - Effective in reducing swelling and inflammation

**\* PAIN REDUCTION** - Lowers the temperature of the skin and underlying tissue, reducing pain

**\* QUICKENS PATIENT MOBILITY** - Proven to help patients regain range of movement faster, speeding up mobility

**\* GOOD ANATOMICAL CONFORMITY** - When wrapped around an injured area, the bandage provides total coverage and all-round cooling and compression

**\* PRACTICAL AND MOBILE** - No need for ice or cold water.

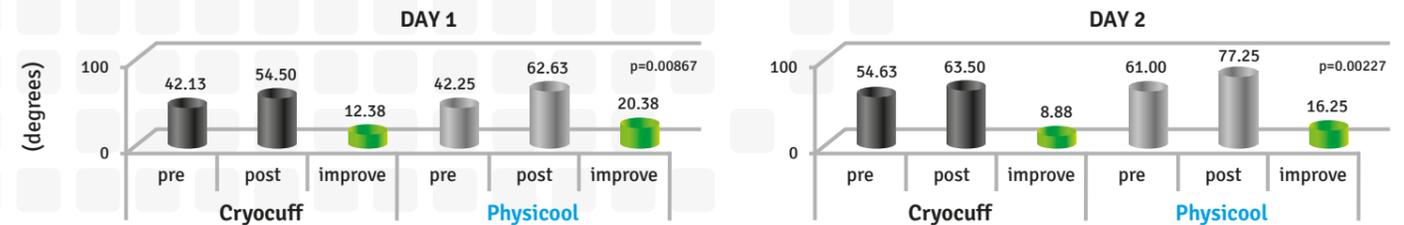
**\* LONG LASTING** - Each bandage comes pre-treated and will provide between 2 to 3 hours of cooling before needing to be recharged using the 500ml Coolant

## TRIAL INFORMATION

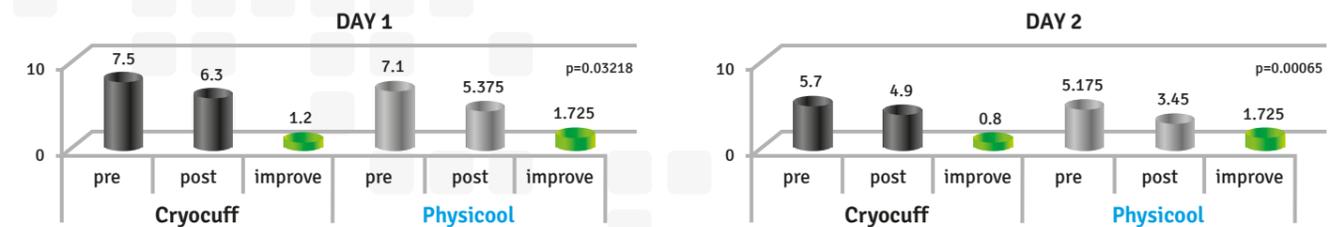
In 2012 Mr A. Mumith MRCS, Mr M Barrett MRCS and Mr S. Garrett FRCS (Tr&Orth) conducted an **Ethics approved**, non-commercial study to **compare the efficacy of Physicoool with the Cryo Cuff** cooling system in Total Knee Arthroplasty patients. The method used a randomised study by patient hospital number of 80 patients (40 per group).

The cooling devices were assigned on the 1st post-operative day. VAS pain scores and the range of movement were recorded pre-cooling and after 30 minutes of cooling. **Results** were obtained for the 1st and 2nd days post-operatively.

### Range of Movement



### Pain Scores



## RESULTS

The trial demonstrated that Physicoool is a **very viable alternative** to Cryo/Cuff. For the Physicoool group there was a **statistically significant increase** in the **range of motion** and **reduction in pain**.

On the first post-operative day, the Physicoool group had an improvement in Range of Motion 65% greater than that achieved by the Cryo/Cuff group and the Physicoool group's VAS pain score was reduced by 44% more than was achieved by the Cryo/Cuff Group.

On the second post-operative day, the Physicoool group had an improvement in Range of Motion 83% greater than that achieved by the Cryo/Cuff group and the Physicoool group's VAS pain score was reduced by 116% compared to the reduction achieved by the Cryo/Cuff Group.

For the purposes of the study, the cooling for both groups was limited to two 30 minute sessions per day. In normal use, an important advantage of using Physicoool is that it can be used for **significantly longer periods**.

There is an expectation that in normal clinical use, both before and after discharge, **patients will be willing to use Physicoool more often** and for longer periods than they would consider using Cryo/Cuff, and their improvements in range of motion and pain relief are likely to be even greater.

Contra indications: Do not apply directly to broken skin due to the alcohol content. Use a waterproof plaster if required.

“More portable and certainly **less hassle** than ice packs. I found them **indispensable for treating** a recurring knee “niggle”. It's like having my own mobile ice bath but **without the pain and ice.**”

**Justin Bowyer**, Ultra-marathon runner and contributor to Runner's World