

A physical therapist, a woman with dark hair in a braid wearing a blue and grey athletic top, is assisting a female athlete. The athlete, with blonde hair in a braid and wearing a dark grey tank top, is standing and looking to the right. The therapist is using her hands to support and guide the athlete's right arm and shoulder. The background is a bright, modern indoor space with large windows and some greenery.

# MAKE SURE YOUR PATIENTS AND ATHLETES FINISH STRONG

GO FOR WINNING RECOVERIES  
WITH THE GAME READY®  
COLD & COMPRESSION SYSTEM

GAME  READY®

ACTIVATE NEXT-LEVEL INJURY & POST-OP RECOVERY

After injury or surgery, help your patients  
and athletes get back to what matters.



*"A revolutionary combination of evidence-based  
modality and best-practice protocol."\**

Randy R. Hite, MPT, CSCS, SCS | Gillette Physical Therapy



# Give your patients and athletes a winning recovery.

After an injury or orthopedic surgery, the rehab and recovery process is critical to successful outcomes. With the industry-leading Game Ready® cold and compression therapy system, you can help your patients and athletes finish strong, so they can get the most from their recovery regimen and get back to what matters.

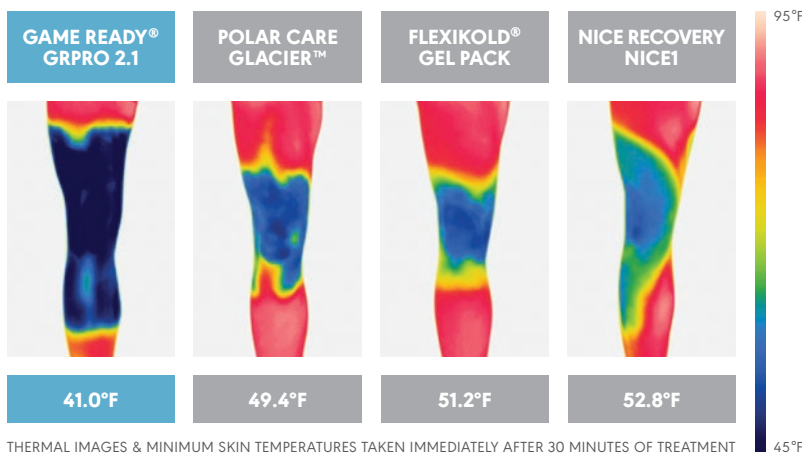
## PROVEN CLINICAL BENEFITS HELP YOU MEET MULTI-MODAL RECOVERY GOALS

- ✓ Reduces patient opioid consumption and may allow for **earlier discontinuation of opioid medications** in certain patients.<sup>1,2,3,4,5</sup>
- ✓ **Decreases pain and edema.**<sup>1,6,7,8</sup>
- ✓ Increased post-operative range of motion in ACL patients.<sup>2</sup>
- ✓ May increase patient satisfaction with the recovery process.<sup>1,6,9</sup>
- ✓ May lead to early hospital discharge [shorter length of stay] in some patients.<sup>5,6</sup>
- ✓ May lower postoperative blood loss.<sup>7</sup>



## More effective cooling than other RICE methods.

Chosen by thousands of orthopedic surgeons, sports medicine specialists, physical therapists, athletic trainers, professional sports teams, and special military forces around the world, the Game Ready System provides faster, deeper-penetrating, and longer-lasting cooling compared to traditional RICE methods and other devices.\*\*



# Integrated cold and compression, all in one powerful system.

The portable Game Ready System takes RICE (Rest-Ice-Compression-Elevation) to the next level by integrating active cold and intermittent compression therapies with greater adjustability, precision, and convenience than ever before.



**Active Cryotherapy.** Circulating ice water continuously and consistently cools the injury site to safely and comfortably reduce pain without narcotics.



**Circumferential Coverage.** Anatomically designed wraps surround the injury site, covering more surface area for more effective cooling.



**Simple Operation.** The system makes it easy to use pre-set programs and quickly customize time temperature, and compression settings.



**Intermittent Compression.** Gently squeezes and releases to remove swelling, stimulate the flow of blood, and conform the wrap to the body.



**Portable Convenience.** With an available battery pack and carry bag, the Game Ready System can be used on the go.



## Easy to set up, easy to operate.

Setup is simple and intuitive. Users can select from six automated programs, manually control their own protocols, and customize temperature, compression, and treatment time settings with the touch of a button or turn of a dial.



FILL ICE AND WATER



SELECT PROGRAM (OPTIONAL)



ADJUST SETTINGS



START TREATMENT

## Innovative wrap design for better comfort and results.

Game Ready's comprehensive line of dual-action wraps enables integrated, no-mess cold and compression therapy from head to toe. Featuring patented technology, the low-profile, lightweight wraps are anatomically engineered for better fit and comfort – and deliver circumferential coverage and greater surface contact for more effective therapeutic treatment.



*"Game Ready changes how we can treat patients."\**

Jason McWilliams, AT, MS, CTA | UCHealth Steadman Hawkins Clinic | Medicine in Motion



C-T SPINE WRAP



SHOULDER WRAP



FLEXED ELBOW WRAP



STRAIGHT ELBOW WRAP



HAND/WRIST WRAP



BACK WRAP



HIP/GROIN WRAP



ARTICULATED KNEE WRAP



STRAIGHT KNEE WRAP



FULL LEG BOOT WRAP



HALF LEG BOOT WRAP



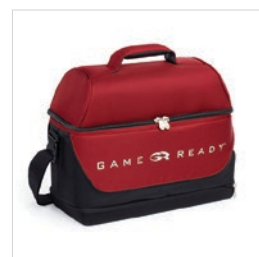
ANKLE WRAP



CONNECTOR HOSE



BATTERY PACK



CARRY BAG



# Why choose Game Ready® recovery technology?



The clinically proven Game Ready System integrates cold and compression therapies to help reduce pain and edema – outperforming conventional RICE methods and other devices.



After injury or orthopedic surgery, you want to help your patients and athletes improve outcomes, promote compliance, increase satisfaction, and get back to what matters.



Game Ready offers effective pain management while helping to reduce the use of the opioid medications<sup>1,2,3,4,5</sup> that have caused an epidemic affecting human lives, the healthcare industry, and the economy.



Game Ready is the injury and post-op treatment system of choice for thousands of orthopedic specialists, physical therapists, athletic trainers, and professional sports teams around the world.

*“Game Ready provides a significant decrease in the need for pain medication and at least a 20% faster recovery.”\**

Peter Millett, MD, MSC | The Steadman Clinic

*“Pro athlete or not, patients want convenience and progress... Game Ready improves outcomes.”\**

Kenneth Akizuki, MD | SOAR | Team Physician, SF Giants

*“The best system I’ve ever seen for the treatment of diverse injuries.”\**

Chris Spalding, ATC | Director of Sports Medicine & Rehab, US Navy SWCC/SEALS

## Help your patients and athletes finish strong with next-level injury and post-op recovery.

AVANOS | GAME READY®

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\*Based on individual experience, not a manufacturer's claim, results may vary. \*\*Thermal images and skin temperatures taken immediately after 30 minutes of treatment, all devices applied per manufacturer's instructions under identical conditions.

1. Su EP, Perna M, Boettner F, Mayman DJ, Gerlinger T, Barsoum W, Randolph J, Lee G. A prospective, multi-center, randomised trial to evaluate the efficacy of a cryopneumatic device on total knee arthroplasty recovery. The Journal of Bone and Joint Surgery. 2012; 94-B, Supple A:153-6. <https://www.ncbi.nlm.nih.gov/pubmed/23118406>. 2. Waterman B, Walker JJ, Swains C, Shortt M, Todd MS, Machen SM, Owens BD. The efficacy of combined cryotherapy compression compared with cryotherapy alone following anterior cruciate ligament reconstruction. The Journal of Knee Surgery. 2012; 25, (02):155-160. <https://www.ncbi.nlm.nih.gov/pubmed/22928433>. 3. Murgier J, Cassard X. Cryotherapy with dynamic intermittent compression for analgesia after anterior cruciate ligament reconstruction. Preliminary study. Orthopaedics & Traumatology: Surgery & Research. 2014; 100:309-312. <https://www.ncbi.nlm.nih.gov/pubmed/24679367>. 4. Nabyev VN, Ayhan S, Adhikari P, Cetin E, Palaoglu S, Acaroglu RE. Cryo-compression therapy after elective spinal surgery for pain management: a cross-sectional study with historical control. Neurospine. 2018; 15(4):348-352. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6347345/pdf/ns-1836070-035.pdf>. 5. Bellon M, Michelet D, Carrara N, Vacher T, Gaisou B, Ilhareborde B, Mazda K, Ferrero E, Simon AL, Julien-Marsollier F, Dahmani S. Efficacy of the Game Ready® cooling device on postoperative analgesia after scoliosis surgery in children. European Spine Journal. 2019; 28:1257-1264. <https://link.springer.com/article/10.1007/s00586-019-05886-6>. 6. Klaber I, Greeff E, O'Donnell J. Compressive cryotherapy is superior to cryotherapy alone in reducing pain after hip arthroscopy. Journal of Hip Preservation Surgery. 2019; 0(0):1-6. <https://academic.oup.com/jhps/advance-article/doi/10.1093/jhps/hnz048/5610188>. 7. Murgier J, Cailliez J, Wargny M, Chiron P, Cavaignac E, Laffosse JM. Cryotherapy with dynamic intermittent compression improves recovery from revision total knee arthroplasty. The Journal of Arthroplasty. 2017; 1-4. <https://pubmed.ncbi.nlm.nih.gov/28465126>. 8. As with all RICE applications. 9. Leegwater NC, Willems JH, Brohet R, Nolte PA. Cryocompression therapy after elective arthroplasty of the hip. Hip International. 2012; 22 (05):527-533. <https://www.ncbi.nlm.nih.gov/pubmed/23112075>.

There are inherent risks in all medical devices. Please refer to the product labeling for Indications, Cautions, Warnings and Contraindications. Refer to [www.gameready.com](http://www.gameready.com) for product safety technical bulletins.