

High-Performance Rehab

World-Renowned Clinic Uses Game Ready to Get Top Athletes Back into Top Shape

The Steadman Clinic in Vail, Colorado, has built a world-class reputation for getting top athletes back in the game, even after they have had what could be career-ending injuries.



The physicians at The Steadman Clinic—sports medicine and orthopedic surgery all-stars in their own right—have treated athletes such as the New York Yankees’ Alex Rodriguez, ice hockey legend Mario Lemieux, and international soccer star Ronaldo, to name just a few.

“The Steadman Clinic’s motto is ‘Keeping People Active,’ so we have developed best-practice techniques and protocols to accelerate our patients’ recovery,” said Dr. Peter J. Millett, Director of Shoulder Surgery and one of Steadman’s team of 10 physicians.

Each year, Dr. Millett performs more than 700 surgical procedures at The Steadman Clinic—mostly focusing on shoulder, knee, and elbow repairs—while advising other patients on rehabilitation from injuries that do not require surgery. Dr. Millett counts members of the U.S. Ski Team, the National Hockey League, Major League Baseball, Professional Golfers Association, and other professional and Olympic athletes among his extensive patient list.

One of the tools that Dr. Millett relies on to help get his patients back in action fast is the Game Ready® Injury Treatment System, which he has been using since 2005. The type of active pneumatic compression and adjustable cold therapy offered by the Game Ready System enhances the healing process by stimulating tissue healing, increasing blood flow to the affected area, optimizing lymphatic drainage, and helping to reduce

pain and swelling after surgery, during rehab or throughout training and competition.

“The Game Ready System’s unique combination of active compression used with cold therapy simply works better than ice alone or other cryotherapy devices,” said Dr. Millett. “Our patients’ testimonials are all the evidence we need. They ask to keep it longer and tell us that it works better than anything they have used before.”

Dr. Millett noted that with its ergonomically designed wraps—tailored for specific areas of the body—and the combination of intermittent compression and cold therapy, the Game Ready System effectively decreases his patients’ needs for narcotic pain medications and enhances their recovery by minimizing swelling and quickly restoring range of motion. This in turn enables a quicker return to pre-injury activities.

In fact, Dr. Millett is such a strong believer in the benefits of this therapy that he provides a Game Ready System to every one of his 700 surgical patients immediately after surgery, as well as to more than 100 non-operative patients each year.

Who: Peter J. Millett, MD, MSc, Director of Shoulder Surgery

Where: The Steadman Clinic, Vail, Colorado
www.drjmillett.com

What: The Game Ready System is part of his best-practice protocols designed to give his patients the fastest recovery possible.

Why: Dr. Millett says the system enables a quicker return to pre-injury activities by reducing his patients’ need for pain medication, reducing swelling, and restoring range of motion.

As an example, Dr. Millett leveraged the Game Ready System as a key component in treating a three-time Olympic women's skeleton champion who broke her patella before the Vancouver Olympics. In her case, Dr. Millett prescribed a Game Ready System to hasten

“I prescribe Game Ready after every one of my surgical procedures because it provides a significant decrease in the need for pain medication and at least a 20% faster recovery...”


her recovery. “She didn't have a lot of time to recover and she needed to have the ability to sprint quickly in this sport, so it was very important to reduce the swelling as quickly as possible so she could be ready for the Olympics” he noted. “The Game Ready System is becoming the standard of care for all elite athletes,” whether it is recovering from a debilitating injury or in the training room staving off the effects of daily competition.

Dr. Millett prescribes the Game Ready System for shoulders and knees. The Game Ready System's ergonomic wraps are designed to fit comfortably and target cold therapy to the entire affected area with intermittent pneumatic compression. “The Game Ready wraps just fit better” than those used by systems that offer cryotherapy alone, he said. “With large joints like the hip and shoulder, the cold therapy needs help to penetrate deep into the body to assist with healing. Game Ready does this far better than ice packs or any other topical treatment.”

Dr. Millett estimates that his patients recover at least 20 percent faster with the use of Game Ready. “It varies from patient to patient,” he noted. “A patient's recovery is impacted by three things: motivation of the patient, the type of surgery performed, and the rehab that is done. With the Game Ready System, we can positively affect the rehab part of the equation.”

Dr. Millett attributes the success of the Game Ready System in his practice to:

• **All-New Integration of Active Compression and Active Cold Therapies.**

Game Ready's innovative  ACCEL™ Technology (Active Compression and Cold Exchange Loop) sets a new standard in recovery, synergistically combining active compression and cold therapies in a revolutionary treatment system. Going beyond static cold and compression applications that passively control pain and swelling, ACCEL gives you the therapeutic power to enhance lymphatic function, encourage blood flow, and stimulate tissue repair—in short, the proactive power to help heal.

• **Optimal Circumferential Coverage and Surface Contact.**

Low-profile, circumferential wraps with pneumatic compression cover more surface area and provide better contact than ice packs or cooling pads used by systems that feature cryotherapy alone. Ergonomic and comfortable, Game Ready wraps enable the cold to penetrate more deeply into the body, especially in large joints like the hip or shoulder.

• **Accelerated Recovery.**

Dr. Millett's patients rave about the results they experience with the Game Ready System because it minimizes swelling, encourages joint mobility and muscle recovery, and reduces the need for pain medication. As a result, high-performance athletes report that it helps them return to peak condition more quickly.

