

A Faster Post-Op Recovery with Minimal Swelling and Reduced Pain Medication

Game Ready® helped Alisa Sorensen heal from knee surgery faster, allowing her to take care of her family and special-needs children without missing a beat.



As a youth, Alisa Sorensen enjoyed all sorts of physical activities. As a registered nurse, she spent long hours on her feet, rarely stopping or slowing down. The wear and tear eventually caught up to her at the age of 46. That's when Alisa's physician diagnosed her with osteoarthritis and recommended knee replacement surgery.

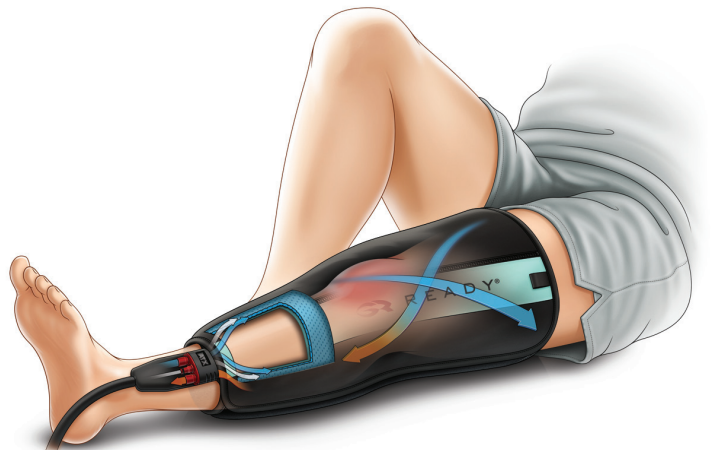
One year earlier, Alisa's physician had performed an arthroscopic procedure to try to repair the knee. Her doctor observed extensive soft tissue damage at the time. Following the procedure, Alisa underwent a series of cortisone injections in an attempt to reduce inflammation. She also tried injections of synthetic joint fluid to provide extra lubrication and cushioning for her knee, as well as physical therapy. After exhausting all options, she opted for total knee replacement surgery.

Fortunately for Alisa, her doctor recommended using the Game Ready System on her knee before her operation. A unit was delivered to her and Alisa and the hospital staff were instructed on the proper use of the system. "This preview was so helpful, because after the surgery I took the Game Ready home and was ready to go," she says.

Game Ready is the leader in active cold and compression therapy for injury treatment and post-operative recovery. The system utilizes NASA spacesuit technology, water, ice and air to deliver adjustable cold therapy and intermittent pneumatic compression. Controlled studies have shown that Game Ready enhances recovery by reducing pain and swelling in a non-narcotic application, removing edema, and increasing the supply of oxygenated blood to the injured area. This process encourages lymphatic drainage and naturally stimulates tissue healing.

Following Alisa's total knee replacement, she immediately began Game Ready treatment. "I had hardly any swelling after my surgery. Also, I was able to stop taking pain meds only 10 days post-surgery, which was wonderful."

Perhaps most importantly, Alisa experienced an accelerated recovery time. Two weeks after her surgery, she could bend her knee to a straight position from a 90-degree angle. Because her swelling was reduced and she wasn't in pain, she found it easier to move around much earlier than she expected.



Game Ready's intuitive interface, simple controls, quick-connector hoses, and wraps with Velcro®-style closures were all designed to simplify administration. Alisa agrees, noting that, "It was so comfortable and easy to use. Once you program it to the settings recommended by your doctor, it works virtually by itself."

With Game Ready, Alisa Sorensen was off pain medications only 10 days post-surgery and reached key recovery milestones faster than expected.

Game Ready offers a variety of anatomically engineered wraps designed for different areas of the body, including the knee, ankle, lower leg, hip and groin, hand and wrist, shoulder, elbow, and even the back. The wraps incorporate patented, dual-action ATX® (Active Temperature Exchange) technology which integrates the simultaneous delivery of both compression and cold therapies.

"I recommend the Game Ready System to everyone," Alisa Sorensen enthuses. "Right after surgery, It helped me take care of my children who have special needs and to take initiative in my family. I didn't have anyone to watch my kids, so I needed to get back into action fast. I really don't know what I would have done without Game Ready!"

Game Ready has become the injury and post-op treatment system of choice for thousands of orthopedic specialists, physical therapists, elite athletes, and pro sports teams around the world.

References:

1. Sabiston KB et al. The effects of intermittent compression and cold on reducing edema in post acute ankle sprains. *Journal of Athletic Training*. 1992;27(2):140. 2. Knight KL. Cryotherapy in sport injury management. 1995. *Human Kinetics*, Champaign, IL. 3. Su EP, Perna M, Boettner F, Mayman DJ, Gerlinger T, Barsoum W, Randolph J, Lee G. A prospective, multi-center randomized trial to evaluate the efficacy of a cryopneumatic device on total knee arthroplasty recovery. *J Bone & Joint Surg*. November 2012. 94-B;SuppA:153-6.

**LEADING-EDGE TECHNOLOGY
RECOMMENDED BY PROFESSIONALS**



Game Ready uses revolutionary ACCEL® Technology (Active Compression and Cold Exchange

Loop) to integrate proven pneumatic compression and adjustable cold therapies for faster healing and better recovery following injury or surgery:

Intermittent Pneumatic Compression

Compression actively moves fluids away from the injury site, reducing swelling and preventing tissue damage, helping the body to heal faster naturally. Intermittent compression has been shown to be more effective than static compression in the clinical setting.¹

Adjustable Cold Therapy

Cold therapy can decrease pain and muscle spasms, tissue damage, and swelling.² Game Ready's adjustable temperature control offers a customized cold application, enhancing user compliance.

Comfortable, Ergonomic Wraps

Game Ready utilizes breakthrough NASA spacesuit technology in a complete range of easy-to-use, anatomically designed wraps for nearly every part of the human body. Game Ready wraps provide optimal circumferential coverage and improved surface contact, enhancing the delivery of cold therapy.

Non-Narcotic Application

The system has been clinically proven to reduce pain and swelling while decreasing the use and/or enabling an earlier discontinuation of narcotic medications that may have undesirable side effects.³

