

Atrium Health Musculoskeletal Institute

Cryotherapy (cold therapy)

Cold therapy uses a device to keep the area of your body with pain cold longer. This helps with pain after an injury or surgery. It helps with swelling and numbs the nerves. Using a homemade ice pack is fine, but it can be messy. It can also be hard to apply to some parts of the body.

Below are other types of cold therapy. You can buy or rent these to use at home. You can get them at online websites like Amazon. These can also be ordered through a home health agency or a medical supply company. Our office will be happy to help you with this if needed.

Where can I buy these?

- Chattanooga Colpac Wraps®
 - Comes in many shapes and sizes to use on arms, legs, neck, or back
- DonJoy DuraKold Therapy®
 - Wraps for the shoulder, knee, wrist, foot, ankle, neck, or back
 - www.djoglobal.com
- O2 Compression/Cold Supports®
 - Use on the knee, shoulder, ankle, wrist, or back
- Polar Ice® products
 - Cooling machines and wraps used for many parts of the body
 - www.polarproducts.com
- My Cold Therapy® products
 - Cooling machines and wraps used for many parts of the body
 - www.mycoldtherapy.com

Approved by Atrium Health Medical Surgical Health Education Committee, May 2019.

Atrium Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1- 800-821-1535.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.