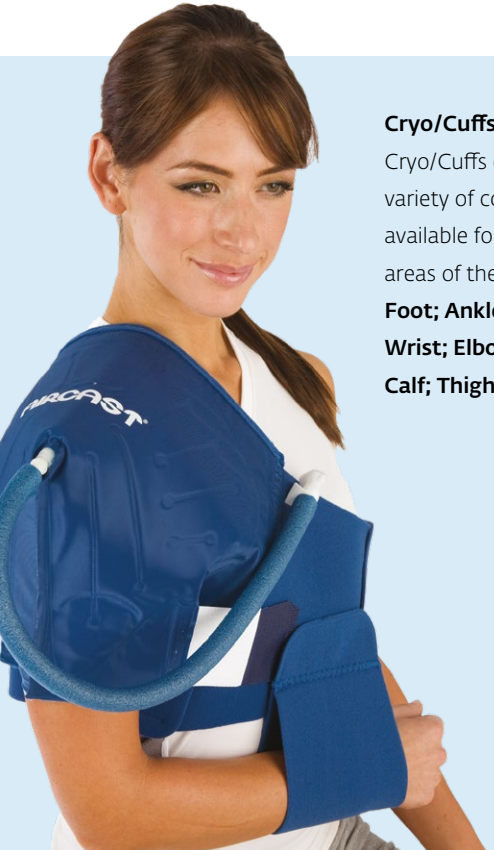
Aircast Cryo/Cuff Gravity Cooler

The Cryo/Cuff Gravity Cooler is a low-cost, non-motorised cooler which provides 6-8 hours of cold therapy.

The exchange of water is controlled through the cuff by raising or lowering the cooler.



Cryo/Cuffs

Cryo/Cuffs can be used for a variety of conditions and are available for the following areas of the body:

Foot; Ankle, Knee; Hand/ Wrist; Elbow; Shoulder; Calf; Thigh; Back/hip/rib

Buy online at

www.surgicalappliances.org

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AIRCAST®

Cryo/Cuff™

DJO® POWERING MOTION™

Is an Aircast Cryo/Cuff right for me?

Experiencing pain from injury or seeking post-operation recovery options? The Aircast cold therapy system offers an integrated approach, combining the therapeutic benefits of circulating, soothing cold water and controlled focal compression. This effective and targeted system reduces pain, and minimises inner-joint bleeding (haemarthrosis), inflammation and swelling due to injury.

The therapeutic effects of compressive cold are widely recognised as a useful method for reducing inflammation and swelling, hugely decreasing recovery and rehabilitation time following injury, surgery or an intense physical therapy session.

- **Reduce inflammation and swelling**
- **Manage pain**
- **Assist in joint rehabilitation**
- **Enhance recovery**

Ideal uses

- Following physiotherapy
- After exercise such as walking, running or on a cross-trainer
- Treatment of sports injuries
- Post-operation recovery

The Aircast cold therapy system uses ice in a cooler to chill water that is then circulated through a Cryo/Cuff designed for specific body parts.

How is the Cryo/Cuff used?

Before using, read all instructions supplied with cooler and Knee Cryo/Cuff.

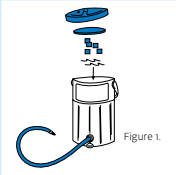
Figure 1.

Step 1 - Prepare Cryo/Cuff Cooler (Figure 1)

- Connect the blue tube to cooler.
- Add cold water to line inside cooler.
- Fill with ice to top of main section of cooler.
- Lay insulation disc on top of ice. Attach cooler lid snugly.
- Allow five minutes with occasional shaking to chill water.

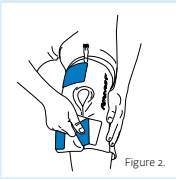
Figure 2.

Step 2 - Apply EMPTY Knee Cryo/Cuff (Figure 2)

- Secure Knee Cryo/Cuff top strap snugly.
- Apply bottom strap loosely. Adjust front strap.

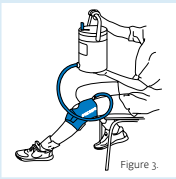
Figure 3.

Step 3 - Fill and pressurise Cryo/Cuff (Figure 3)

- Ensure Cryo/Cuff connector is open by pressing metal tab.
- Connect blue tube to Cryo/Cuff.
- Open air vent on cooler lid.
- Raise cooler above Cryo/Cuff until cuff is full –

NOTE: To AVOID excessive pressure during use, do not raise the cooler higher than 38 cm (15") above the Cryo/Cuff.

- Close cooler air vent.
- With cuff pressurised, cooler can be disconnected by pressing the metal tab on the quick-disconnect whilst cooler is raised.

Benefits of Aircast Cryo/Cuff

- **Anatomically designed cuff design**

Designed to completely fit injured area, providing maximum cryotherapy benefit

- **Adjustable focal compression cuff**

For individual controlled focal compression levels and comfort

- **Controlled Cooling**

Minimises tissue damage

- **Available in a range of sizes**

Includes paediatric for the knee/elbow and ankle

- **Universal fitting**

Cuffs can be worn on the right or left

Step 4 - To re-cool Cryo/Cuff

- Reconnect the blue tube to cuff.
- Lower cooler below cuff and open vent on cooler.
- Gently squeeze cuff to drain water back into cooler.
- Swirl cooler to mix water with ice, listening to ensure there is still ice in the cooler (if not, partly drain and refill cooler).
- Refill and pressurise cuff, as per Step 3.

CAUTION

- Inspect skin condition every 1-2 hours on a routine basis.
- Do not use an elastic wrap with the Cryo/Cuff.
- Reduce pressure with any sense of discomfort, numbness or tingling of the limb.
- EMPTY the Cryo/Cuff after each use, and prior to refilling.