

ice COOL

Elastic Cold Bandage

Combined Cooling &
Compression

• Instant pain relief • Cools for hours



ice cool

SPORT INJURIES

Adults age 25 and over sustained an estimated 2.29 million sports and recreational injuries annually from 1997 through 1999. By sport, this number includes:

Recreational sports* - 370,000 injuries

Exercising - 331,000 injuries

Basketball - 276,000 injuries

Pedal cycling - 231,000 injuries

Baseball/softball - 205,000 injuries

Source: National Health Interview Survey

*Includes racquet sports, golf, bowling, hiking, and other leisure sports.



SPORT INJURIES TREATMENT

Proper care in the first day or two after the injury provides pain relief and can reduce the time of healing.

The RICE METHOD (REST, ICE, COMPRESSION, and ELEVATION) is a well accepted treatment method when sprains, strains, pulls, tears or other muscle or joint injuries occur. The R.I.C.E. treatment is most beneficial for the first 24 to 72 hours

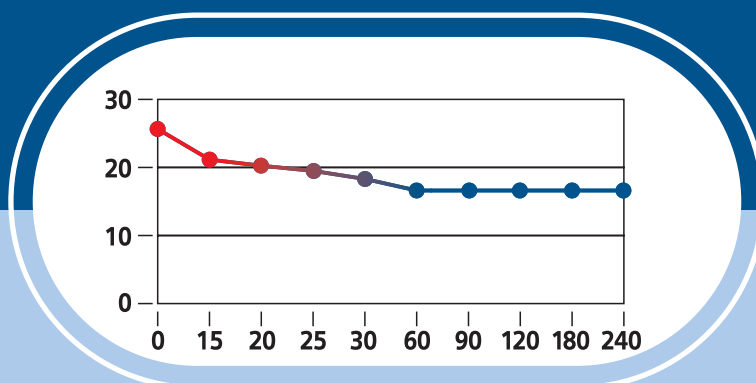
- **REST** - Reduce of regular activities reduces the likelihood of further damage being caused to the injured area
- **ICE** - Cooling slows down blood circulation through vasoconstriction which reduces bleeding and swelling. Cooling also has an analgesic effect
- **COMPRESSION** - Consistent pressure applied to the area restricts bleeding at the injury. Pressure compresses blood vessels and prevents blood escaping through open ends of the torn fibres
- **ELEVATION** - Elevating the injured member allows gravity to assist the removal of swelling from the injured area and aids recovery

AN EFFECTIVE TREATMENT

ICE COOL is designed to deliver cold and compression in the simplest, quickest and most effective manner possible to various parts of the body.

ICE COOL relieves or stops pain in several ways. When the ICE COOL is applied to the body it reacts as follows:

- An immediate release of endorphins (the body's natural opiates)
- A decrease in nervous transmissions in pain fibers
- It inhibits spinal neurons
- It reduces metabolism in tissue to relieve the deleterious effect of ischemia (a lack of blood supply in an organ or tissue)
- It raises the pain threshold
- It decreases excitability of free nerve endings



In conjunction with cold application to an injury it is most important to compress the treated area.

Compression helps control edema, the fluid build-up around an injured area. The elastic bandage gives even compression and support over the area of treatment.

MAJOR BENEFITS

- Provides immediate compression and controlled cooling avoiding the effect of skin burn and collagen damage.
- Pain relief in seconds and cools for hours
- Small, light, easy to use and needs no refrigeration.
- Reaches optimum cooling of the area within approx 15 minutes and maintains the temperature for up to 2 hours.
- The self adhesive bandage wrapped around the impregnated bandage provides complete and comprehensive cooling effect. (Duo Pack only)

Ice Cool – Medium Size

- Size: 8cm x 2m – impregnated elastic bandage with Velcro Strip
- Packaging: multilayered aluminium foil
- Used for: Mid Size for ankle, wrist, elbow, single instant use following injuries during sport activities

Ice Cool – Large Size

- Size: 8cm x 4.5m – impregnated elastic bandage with Velcro Strip
- Packaging: Plastic sealed tin
- Used for: Large size for knee, lower back and shoulder or for multiple, long term use

Ice Cool – Duo Pack

- Size: 8 cm x 4.5 m – impregnated elastic bandage & 8cm x 4m – self adhesive elastic bandage
- Packaging: The plastic sealed tin and the self adhesive elastic bandage are packed in a display carton
- Used for: Home care, multiple use

INGREDIENTS:

Medical bleached cotton, elasthane, nylon, water, ethanol, camphor, menthol and etheric oils.

INSTRUCTIONS FOR USE

- Use the bandage only on intact skin and only for few hours.
- Wrap the Ice Cool – impregnated bandage around the affected area – a number of 2 – 3 wraps. Fix the bandage with the Velcro strip
- Cut the Ice Cool (for Large Size only) – impregnated bandage with a pair of regular scissors
- Wrap the self adhesive bandage in order to fix the impregnated bandage and cut again (for Duo Pack only)



Sion Biotext
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