

G A M E  R E A D Y<sup>®</sup>

HUMAN INSPIRED. TECHNOLOGY DRIVEN.™

# THE POWER TO **ACCELERATE** RECOVERY



# THE NEW STANDARD OF CARE FOR INJURY AND POST-OP RECOVERY



Following musculoskeletal injury or orthopaedic surgery, nothing helps patients recover like Game Ready.® Integrating two proven therapies in one state-of-the-art modality, Game Ready sets a new standard in treatment.



## THE TECHNOLOGY BEHIND GAME READY A NEW APPROACH TO RECOVERY

Game Ready's innovative technology enables the simultaneous delivery of adjustable continuous cold therapy and intermittent pneumatic compression to virtually every part of the body unlike any other modality.

This is achieved by the unique combination of the microprocessor driven Control Unit and the patented dual-action Anatomic Wraps featuring NASA spacesuit technology.

Using only ice and water, the Game Ready Control Unit rapidly circulates cold water from the ice reservoir, via a Connector Hose, through the body-part specific Anatomic Wrap before returning once again through the ice reservoir. As a continuous loop the system delivers continuous circumferential cold therapy.

Simultaneously the pre-set levels of graduated intermittent compression conforms the ergonomic wrap to the contours of the body helping to enhance the delivery of the cold therapy thereby maximizing thermal exchange and lymphatic return.

"Game Ready has transformed my practice. I use Game Ready now for all procedures that involve any kind of soft tissue dissection or major reconstruction. I have found that using it for arthroplasty as well as for other major interventions patients are actually leaving hospital 24 hours earlier. When the Game Ready system is used patients frequently require no pain medication what-so-ever. I cannot recommend Game Ready enough; it is a truly remarkable device. I would recommend anyone who has access to Game Ready to use it for major knee surgery."

**Professor Adrian Wilson - Consultant Knee Surgeon  
London, Berkshire and Hampshire**

# ANATOMY OF THE GAME READY SYSTEM

The revolutionary Game Ready System is powered by the microprocessor-enabled Control Unit and a complete range of ergonomic, dual-action Anatomic Wraps.

## THE GAME READY CONTROL UNIT MORE FEATURES, MORE CONTROL

The user-friendly control unit allows for precise control over treatments. Pressure, temperature and treatment times are easily monitored and adjusted with the touch of a button or the turn of a dial. Accessories such as a carry bag and rechargeable battery pack that allows up to seven hours of use make it a truly portable system.

Adjustable set-point temperature control provides consistent temperature across the wrap throughout treatment, improving patient comfort and safety. Pre-set treatment programs allow the system to operate safely and independently with minimal supervision by automatically alternating treatment and 'rest' times.



Clear step-by-step user instructions allow easy operation and improved compliance

Low-profile circumferential wraps with pneumatic compression allow greater coverage and better surface contact meaning better fit and comfort.

Patented construction facilitates maximum flow and disbursement of water for efficient application of cold therapy and greater heat transfer.

# MORE THERAPEUTIC BENEFITS, MORE WAYS TO ENHANCE RECOVERY

## COLD AND COMPRESSION COMBINED LIKE NEVER BEFORE

Adjustable set-point temperature control provides consistent temperature across the wrap throughout treatment, improving patient comfort and safety. Pre-set treatment programs allow the system to operate safely and independently with minimal supervision by automatically alternating treatment and 'rest' times.

### THE GAME READY DIFFERENCE

Game Ready	Ice-Based Modalities	Ice & Bandage	
<b>Intermittent Pneumatic Compression</b>			
✓			More effective than static compression.
✓			Mimics natural muscle pump, enhances lymphatic return helping to reduce swelling and prevent secondary tissue damage and encourages acceleration of the healing process.
✓			Stimulates tissue healing.
✓			Increases blood flow and delivery of oxygen to the injury site.
✓			Optimizes lymphatic drainage.
<b>Compression (General)</b>			
✓	varies <sup>†</sup>	varies <sup>†</sup>	Aids the prevention of edema formation.
<b>Cold Therapy</b>			
✓	✓	✓	Decreases pain, muscle spasms, and swelling.
✓	✓	✓	Reduces metabolic activity and cellular demand for oxygen to reduce tissue damage.
<b>Intermittent Compression in Conjunction with Cold Therapy</b>			
✓			Enhances intramuscular tissue cooling.

"I have seen marked improvements in my patients' post-operative recovery through use of the Game Ready system, with reduced swelling, reduced pain, a reduced requirement for painkillers with faster and early recovery and rehab. I now routinely advise all my patients having intermediate or major knee surgery to use the Game Ready system after their operation as I've seen it make a significant difference to early outcomes. Of all my many patients who have used the Game Ready kit, every time I ask I hear the same thing – that they think the kit is excellent and that it has really helped them, and that they'd certainly recommend it to others."

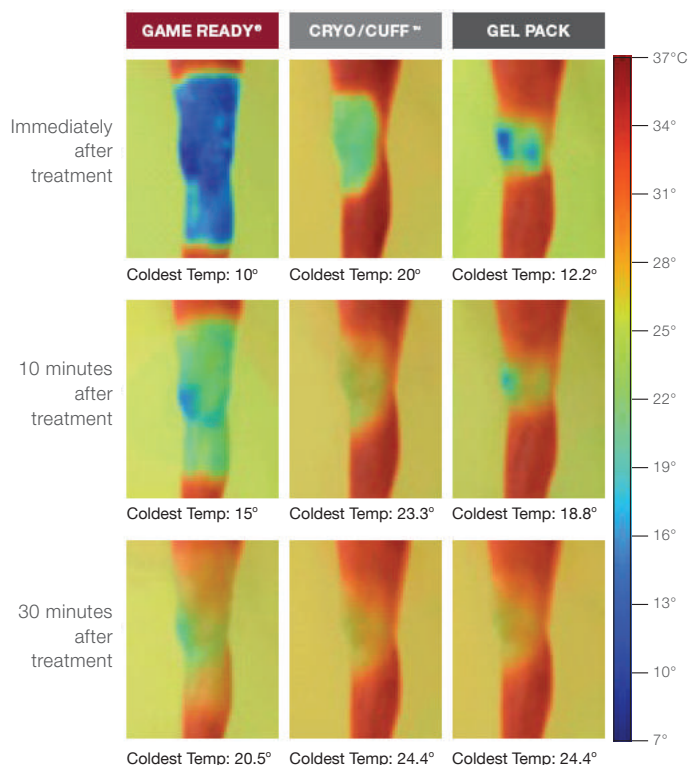
**Assoc. Professor Ian McDermott**  
Consultant Knee Surgeon - London Sports Orthopaedics



## ACTIVE COMPRESSION SQUEEZES GREATER BENEFITS OUT OF COLD THERAPY

Infrared thermal imagery shows that Game Ready's patented active compression technology enhances the delivery of cold therapy, helping Game Ready to provide faster, deeper and longer-lasting cold therapy than other products. <sup>10,11</sup>

Side view shown. First skin temperature measurement immediately after completing 30 minutes of treatment, subsequent images at 10 and 30 minutes post-treatment. All devices applied per manufacturer's instructions and all measurements taken from uniform distance. All devices applied on different days allowing full recovery for test subject.



## RESULTS THAT SPEAK FOR THEMSELVES

Game Ready is so effective it is used in orthopaedic, physiotherapy and rehabilitation clinics around the world. It is relied on by countless athletes and teams from virtually every professional sport across all divisions, in addition to military rehabilitation units and primary care facilities. People who have used Game Ready overwhelmingly report improved recovery and shorter rehabilitation periods.

IN ONGOING SURVEYS, PATIENTS REPORT THAT GAME READY\*:

HELPED THEM RETURN TO WORK OR DAILY ACTIVITIES SOONER.

**OVER 90%**

HELPED REDUCE THE AMOUNT OF PAIN MEDICATION THEY TOOK OR ENABLED THEM TO STOP TAKING MEDS SOONER.

**OVER 94%**

PROVIDED A BETTER POST-OP RECOVERY THAN A PREVIOUS SURGERY USING A DIFFERENT COLD THERAPY.

**OVER 94%**

\*Percentage of survey respondents as of January 2011. Studies on file.

"I had my knee surgery yesterday and have been using the Game Ready system for just one day and it is a phenomenon. I had almost no pain or swelling with full extension and 110 degrees of flexion just 7 hours post-operatively. I only have positive feedback for this amazing device."

**Mr Ziyad El-Qirem**  
Consultant Orthopaedic Surgeon

# DUAL-ACTION WRAPS

EASY TO APPLY, CIRCUMFERENTIAL COVERAGE  
BETTER SURFACE CONTACT, GREATER COMFORT

Game Ready uses breakthrough NASA spacesuit technology to offer a comprehensive range of Anatomic Wraps. A patented two-chamber design – one for air, one for water – enables the simultaneous delivery of continuous cold therapy and intermittent pneumatic compression. Created specifically for each body part, the Dual-Action Wraps provide optimal circumferential coverage and better surface contact than other products.



Ankle Wrap



Half Boot Wrap



Straight Knee Wrap



Articulated Knee Wrap



Hip/Groin Wrap



Elbow/Calf Wrap



Shoulder Wrap



Flexed Elbow Wrap



Hand/Wrist Wrap



Back Wrap



C-T Spine Wrap



Cooling Vest



## EASY TO USE

### Step 1



Fill the Control Unit with ice and water.

### Step 2



Connect the Control Unit to the AC Adapter, then to a grounded electrical outlet or battery.

### Step 3



Apply the selected wrap.

### Step 4



Attach the Connector Hose to the wrap, then to the Control Unit.

### Step 5



Press the power button.

### Step 6



Adjust the temperature.

### Step 7



Select pressure and time settings in Manual Mode or select a program in Program Mode.

### Step 8



Press the play/pause button to start.

#### References:

1. Knight KL. Cryotherapy in sport injury management. 1995. Human Kinetics, Champaign, IL.
2. Sabiston KB et al. The effects of intermittent compression and cold on reducing edema in postacute ankle sprains. *Journal of Athletic Training*. 1992;27(2):140.
3. Hubbard TJ, Denegar CR. Does cryotherapy improve outcomes with soft tissue injury? *J Athl Train*. 2004;39(3):278-279.
4. Schaser K-D, Stover JF, Melcher I et al. Local cooling restores microcirculatory hemodynamics after closed soft-tissue trauma in rats. *J Trauma*. 2006;61(3):642-649.
5. Dahl J, Li J, Bring DK-I, Renström P, Ackerman PW. Intermittent pneumatic compression enhances neurovascular ingrowth and tissue proliferation during connective tissue healing. A study in the rat. *J Orthop Res*. 2007;25:1185-1192.
6. Johansson K, Lie E, Ekdahl C, Lindfeldt J. A randomized study comparing manual lymph drainage with sequential pneumatic compression for treatment of postoperative arm lymphedema. *Lymphology*. 1998;31(2):56-64.
7. McGeown JG, McHale NG, Thornbury KD. Effects of varying patterns of external compression on lymph flow in the hindlimb of the anaesthetized sheep. *J Physiol*. 1988;397:449-457.
8. McGeown JG, McHale NG, Thornbury KD. The role of external compression and movement in lymph propulsion in the sheep hind limb. *J Physiol*. 1987;387:83-93.
9. Capps/Mayberry. Cryotherapy and intermittent pneumatic compression for soft tissue trauma. January 2009.
10. Womochel KS, Trowbridge CA, Keller D. The effects of continuous cooling and cyclical compression on intramuscular temperatures and cardiovascular strain. *Journal of Athletic Training*. 2009;44(3):s87.
11. Trowbridge CA, Womochel KS, and Davis DR. The effects of continuous cooling and cyclical compression on intramuscular and surface temperatures of the distal quadriceps. *Journal of Athletic Training*. 2008;43(3):S58.

# HUMAN INSPIRED. TECHNOLOGY DRIVEN.

Game Ready® is the number one recovery technology for thousands of patients, elite athletes, professional teams in every sport, military rehabilitation units, and the world's foremost orthopaedic surgeons, sports medicine doctors and physiotherapists. Inspired by human endeavour and driven by technological expertise, we are dedicated to developing the most innovative and effective products for helping people get back to being their best after injury or surgery. We are here to re-engineer recovery.

## MED4 ELITE™

The revolutionary multi-modality injury and surgery recovery system.



## GRPRO® 2.1

The most advanced portable cold and compression recovery system.



G A M E  R E A D Y®

Game Ready Global UK Ltd  
www.gameready.co.uk | 0845 2417920