

## Getting Better Results: Speed Post-Op Recovery with Compression and Cold Therapy

With a Means to Deliver Effective Intermittent Compression with Cold Therapy, Veterinary Orthopedic and Rehabilitation Practice Reduces Swelling, Pain and Bruising Without Use of Restrictive Bandaging



Dr. Sherman Canapp—a board-certified veterinary surgeon and owner of Veterinary Orthopedic & Sports Medicine Group (VOSM), a small animal orthopedic, sports medicine, and rehabilitation practice—has been using bandaging and cold compresses to reduce swelling, pain,

and bruising following surgery. While these techniques have helped to some degree, Dr. Canapp was looking for something better.

“Laying an ice pack on top of a surgical site or bandage is really not that effective,” Dr. Canapp noted. “To truly be effective, we need to reach the deep tissues where inflammation occurs.” In addition, Dr. Canapp noted that bandages have numerous limitations. “Bandages restrict range of motion. They limit access to the limb or surgical site for post-operative rehab. If they get wet, they must be changed. If they slip, they are ineffective and can cause soft tissue wounds,” he added. “Bandages require frequent changing, increasing expense in both materials and time, and if placed inappropriately can cause serious soft tissue damage.”

In the spring of 2009, Dr. Canapp found what he had been searching for when he was introduced to the Game Ready® Injury Treatment System, a device that could more effectively treat post-operative swelling, pain, and bruising, while eliminating the hassle, cost, and time spent changing compressive bandages. Game Ready simultaneously delivers intermittent compression and cold therapy

through a comprehensive range of ergonomic wraps. These form-fitting wraps completely surround the limb or joint, enabling cold to penetrate deeper across a wider area than ice packs alone. Game Ready uses only water and ice to deliver adjustable dry cold therapy, while incorporating simultaneous active pneumatic compression to emulate the body’s own natural muscle contractions and stimulate healing of the affected area by increasing blood flow and optimizing lymphatic drainage.

After seeing Game Ready demonstrated on a few patients and noting such a difference in those patients, Dr. Canapp was convinced that Game Ready could play a valuable role in the recovery process.

“Game Ready has changed our post-op protocol,” Dr. Canapp said. “We want to avoid bandages so we can perform passive range of motion therapy. With Game Ready, we can do that. And we’re seeing less post-op swelling and bruising than when we used bandages.

**Who:** Sherman O. Canapp Jr., DVM, MS, CCRT  
Diplomate ACVS

**Where:** Veterinary Orthopedic & Sports Medicine Group  
Annapolis Junction, Md.

**What:** Dr. Canapp discovered that the Game Ready® Injury Treatment System offers more effective intermittent compression and cold therapy than restrictive bandages to reduce swelling, pain, and bruising—enabling passive range of motion and direct treatment of the surgical site, resulting in faster recovery.

**Why:** Game Ready is a vital component for treating canine patients, because it:

- Minimizes Swelling, Pain, and Bruising
- Enhances Patient Comfort
- Eliminates Need for Bandaging

Because of the increased comfort following Game Ready treatments, our patients are regaining use of their surgically repaired legs more quickly.”

In fact, Dr. Canapp noted that he and the other surgeons at his practice have significantly reduced bandage use after surgery since incorporating Game Ready into their post-operative care regimen.

More importantly, they are seeing better results with their patients. Not only has swelling, bruising, and

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discomfort been reduced, but the dogs are mobile much sooner. “We’ve noticed that even the day after surgery, when they’re going out to the car to go home, they are putting more weight on the leg than they would have if we had just used ice and bandages post-operatively,” said Dr. Canapp.

With multiple surgeons operating at his practice, Game Ready is in use almost all day, every day. Dr. Canapp and his colleagues operate on as many as 40 patients weekly, and each patient receives Game Ready treatment every 4 to 6 hours post-op for 25 minutes at a time.

“We believe Game Ready is very comfortable for the dogs,” he noted. “The dogs don’t try to chew on the wraps and they lay there calmly while receiving the treatment.”

In addition to post-operative care, Dr. Canapp has used Game Ready to treat hygromas, which are fluid-filled swellings that often develop on the elbows of large dogs as a result of laying on hard surfaces. Hygromas are difficult to treat and often become infected, causing significant discomfort. The compression and cold therapy

delivered by Game Ready helps reduce the swelling and encourages resorption.

Dr. Canapp plans to add additional Game Ready units to his practice. He believes with the large surgical caseload of the practice, a second unit could be used in post-op. He also would like VOSM’s team of rehabilitation therapists to utilize Game Ready for post-operative rehab and for patients with acute or non-surgical injuries, such as strains and sprains of tendons and ligaments. “Game Ready has many applications in our practice,” said Dr. Canapp. “Most importantly, Game Ready has improved the care we can provide and hastened recovery of our patients.”

### The Game Ready Advantage

Here’s what makes the Game Ready System such a powerful tool for recovery:

#### **Intermittent Pneumatic Compression.**

Game Ready’s unique intermittent compression promotes faster healing by mimicking the natural muscle contractions that reduce swelling by “pumping” fluids and cellular debris out of the injured area, while encouraging fresh blood flow. Compression also helps the cold therapy reach deeper into muscles and tendons, providing longer lasting benefits.

**Adjustable Cold.** Cold therapy decreases pain and muscle spasms, decreases swelling, and helps to prevent tissue damage by slowing the metabolic process. Game Ready’s adjustable controls ensure safe and comfortable treatment settings, while the dry application prevents dermatological issues more common to other modalities.

#### **Comfortable, Easy-to-Use Wraps.**

Game Ready utilizes specialized NASA spacesuit technology to create exclusive dual-action wraps that enable the simultaneous delivery of compression and cold therapy. These easy-to-apply, anatomically designed wraps have been developed with the help of leading veterinarians to meet the specific needs of canines.

