



WHAT IS YOUR CRYOTHERAPY IQ?

Polar Ice delivers the benefits of cryotherapy with compression for soft tissue trauma. By reducing pain and controlling edema or swelling, cold therapy allows faster return of normal function. Encapsulated ice packs filled with purified water are encased in soft fleece material that eliminates migration of ice wrap during use. Easily adjusted with hook & loop closure straps, fleece wrap conforms to body and insulates skin to prevent frost bite.

DID YOU KNOW



There's a cryotherapy product designed for targeted relief.



foot/ankle



finger



back



knee



face



wrist



shin

There are benefits to choosing Polar Ice cryotherapy products.



made in USA



conforms to body



first aid/post-surgery



protective material



cryotherapy



provides compression

BY THE NUMBERS

A typical ankle sprain injury heals within **7.3 days with ice treatment.**

Without ice treatment an ankle sprain's healing time increases to **10.2 days.**

73% of medical consultants most often advocate the use of ice.

Icing for longer than **20 minutes** can cause tissue damage including frostbite.

Cryotherapy has been

PROVEN TO IMPROVE PEAK LEVELS OF PERFORMANCE AND REDUCE POST WORKOUT RECOVERY TIME.



Institute of Health Promotion

Ice is one part of the commonly recommended

R.I.C.E THERAPY

REST

ICE

COMPRESSION

ELEVATION

48 HOURS

IS THE TIME FRAME CRYOTHERAPY IS MOST EFFECTIVE.

ITS EFFECTIVENESS DIMINISHES SIGNIFICANTLY AFTERWARD.

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