



physicool 
Rapid Relief, Rapid Recovery

ORTHOPAEDICS, PHYSIOTHERAPY

WHAT IS PHYSICOOOL?



**CLINICALLY
PROVEN TO
OUTPERFORM
ICE**



Physicoool is a cooling, compression bandage that cools the tissue of a limb around which it is circumferentially wrapped. The active ingredients are a mixture of rapidly evaporating alcohols. Fuelled by body heat, the Coolant evaporates, reducing skin and sub-surface tissue temperature – **rapidly reducing pain and swelling**.

Physicoool is used globally within government run and private hospitals. Our biggest market is post-operative rehabilitation following total knee replacement surgery.

Physicoool is clinically proven to **outperform ice-based treatments** in the reduction of pain whilst increasing range of motion, showing a reduction of swelling;
Enhancing Postoperative Rehabilitation Following Knee Arthroplasty Using a New Cryotherapy Product. *Ger. Orthopaedic Surgery and Rehabilitation Journal, Pub. Dec. 2015.*

BENEFITS

- **CLINICALLY PROVEN TO OUTPERFORM ICE IN THE REDUCTION OF PAIN AND INFLAMMATION, SPEEDING UP MOBILITY**
- **EASY FOR PATIENTS TO APPLY AND SELF-MANAGE THEIR PAIN**
- **PROVIDES 2+ HOURS OF COOLING**
- **RECHARGABLE AND REUSABLE**
- **NO RISK OF ICE-RELATED SKIN BURNS**
- **CHEAPER THAN CRYO/CUFF**
- **BACTERIOSTATIC AND BACTERICIDAL**

HOW TO APPLY / RECHARGE

APPLYING PHYSICOOOL



1 Apply for 2 hours, whenever needed.



2 Remove the bandage from the foil sachet, squeezing out excess Coolant.



3 Generously cover the injured area, overlapping by roughly a third.



4 Keep your bandage exposed to air to allow evaporation.

RECHARGING THE BANDAGE

(After 2 hours of total use)



5 Remove and re-roll the bandage starting with the Velcro strap, replace in the foil sachet.



6 Pour Coolant (75ml for the A, 125ml for the B) over the rolled bandage. Do this within the foil sachet.



7 Reseal the sachet, shake for 30 seconds and allow the bandage to soak up the Coolant.



8 Squeeze the bandage before reapplying. Reapply as needed.

PRODUCTS



Size A – Small (10cm x 2m)

The bandage provides **2 hours cooling** before needing to be recharged.



Size B – Large (12cm x 3m)



The **500ml Coolant** will recharge;

A bandage: **6 x 2 hours**
B bandage: **4 x 2 hours**

FAQs

1. HOW LONG SHOULD A PATIENT WEAR THE BANDAGE FOR?

2 hours. As opposed to ice, Physicool can be used for long durations. The bandage can be used for as long as is needed by the patient to self-manage pain and reduce swelling.

2. HOW COLD DOES PHYSICOOOL GET?

The patient will feel the cooling benefit after 4 minutes as the coolant evaporates. Tissue temperature will continue to drop as evaporation continues. The bandaged area will feel extremely cold (7 to 21°C reduction based on internal heat) after 10-15 minutes.

3. HOW MUCH COOLANT IS NEEDED TO RECHARGE THE BANDAGE?

75ml will recharge the small A bandage. 125ml will recharge the large B bandage, providing another 2 hours of cooling.

4. IS THERE A RISK OF ICE BURNS?

No. As opposed to ice, Physicool cools by drawing heat out.

5. IS PHYSICOOOL STERILE?

The preservative system within the coolant is proven to kill off bacteria, moulds and yeasts. Under independent testing, and to infection control standards, the impregnated bandaged proved to be bacteriostatic and bactericidal.

6. CAN THE COOLANT BE USED WITH ANY BANDAGE?

No. The Physicool bandage has been scientifically developed creating a unique weave with open-cell technology, trapping the coolant and releasing a continual cooling benefit.

7. WILL PHYSICOOOL CAUSE ANY SKIN IRRITATION?

No, Physicool should not cause irritation. Physicool has been extensively tested and used.

8. CAN I COVER THE PHYSICOOOL BANDAGE?

No. Physicool works by rapid evaporation which requires the flow of air. Covering the bandage will reduce the air supply and evaporation.

9. CAN I APPLY TO BROKEN SKIN?

We advise you don't due to the alcohol within the Coolant. A waterproof dressing should be used to protect the wound. Physicool is wrapped over the waterproof dressing.

