

Steven F. Harwin, M.D., F.A.C.S.

910 Park Avenue
New York, New York 10075
Telephone: (212) 861-9800
Facsimile: (212) 861-5276

*Chief of Adult Reconstructive Surgery
Department of Orthopaedic Surgery
Beth Israel Medical Center*

3555 Bainbridge Avenue
Bronx, New York 10467
Telephone: (718) 655-2400
Facsimile: (718) 798-2074

*Associate Professor of Orthopaedic Surgery
Albert Einstein College of Medicine
New York, New York*

Cold Therapy after Surgery



The use of cold therapy is a valuable treatment following injury or surgery. Some of the benefits include:

- Less pain
- Less swelling
- Faster return of range of motion
- Faster recovery

I began to recommend cold therapy for my patients when I used a ***Breg Polar Care*** device after my second knee surgery. I recovered easier and faster than after my previous knee operation. I found that my pain, swelling and need for pain medication were less.

Because it works so well, I now prescribe it for all of my surgical patients. Since the device is not covered by many insurance plans and out-of-pocket expenses can be a hardship for some, I have arranged for all of my patients be able to purchase it from ***OrthoMedical Products*** at a reduced price.

The unit I recommend is the ***Polar Care 300***. It is motorized and provides compression and a continuous flow of iced water. The purchase price is discounted significantly for my patients and it includes delivery to your home. The device can be used again for other surgery or injuries. Please call ***OrthoMedical Products*** at (516) 746-0556 and discuss the options with them and whether reimbursement from your insurance is possible. You can view the device at www.breg.com under “Cold Therapy Products”.

Important: I receive no financial benefit from the sale of the device. I recommend it because it works well, and will help you recover faster and with less pain.

(2-09)