

Why I use RiteTemp™ Cool Therapy instead of ice or frozen gel:

- No Risk of Cold Injury
- Does Not Inhibit Motion
- Optimal Therapeutic Temperature
- Simple Operation

The benefits of cold therapy are well known, but what many do not realize is that ice and frozen gel packs are actually colder than the ideal cold therapy temperature range. Although we may be accustomed to the “freeze” feeling and consider it beneficial, there are downsides to using ice and gel for post-surgical and musculoskeletal therapeutic rehabilitation. Please refer to the following article on the use of ice products:

***Journal of Athletic Training* 2007; 42(3):343-348**

Ice applied to skin stops blood flow to the area which can lead to burning of the skin and subcutaneous tissues. For this reason ice or gel application time must be limited to about 20 minutes and followed by the use of inflammatory mediators to prevent swelling as blood flow returns. Direct exposure to ice or gel, or their use beyond the 20 minute treatment window easily causes frostbite or non-freezing cold injury, leading to necrosis of the affected tissues.

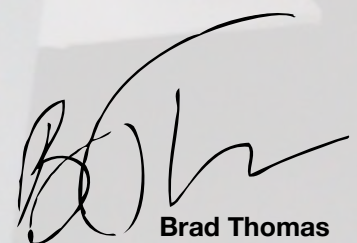
Therapeutic cooling is optimal when blood flow to the area is decreased, but capillary flow continues. At a surface temperature of about 50F degrees blood flow is decreased to about 50% which significantly inhibits an inflammatory response. RiteTemp completely eliminates the risk of injury caused by prolonged or direct exposure to ice or frozen gel packs.

The RiteTemp Cool Therapy products are self-regulating to the optimal temperature, providing therapeutic cooling in the mid 50 degree Fahrenheit range without over-cooling. I use the knee, shoulder and back wraps in my physical therapy center for all patients after PT. I also use them for post-surgical patients whose feeling is often compromised by a nerve block, who otherwise would be a real risk for ice related burns.



Dr. Bradley M Thomas

- Chief of Sports Medicine, Dept. of Orthopedic Surgery - Harbor/ UCLA Medical Center
- Associate Professor, UCLA David Geffen School of Medicine
- Master Instructor, Arthroscopy Association of North America
- Member, American Orthopaedic Society for Sports Medicine
- Member, American Academy of Orthopaedic Surgeons
- Fellowship, Southern California Center for Sports Medicine, Long Beach, CA - Sports Medicine / Knee and Shoulder Reconstruction 2000-2001
- Residency, Montefiore Medical Center / Albert Einstein College of Medicine, Bronx, NY, Orthopaedic Surgery 1995-2000
- Medical Doctorate, University of Southern California School of Medicine, Los Angeles, CA 1995
- BA, Biochemistry / Cell Biology, University of California, San Diego, La Jolla, CA 1990



Brad Thomas

RiteTemp is a trademark of HTFx.



The RiteTemp Advantage

RiteTemp™ products provide simple to use therapeutic cooling solutions using a proprietary heat transfer material known as HTF Exotherm® (HTFx™).

HTFx provides therapeutic cooling for tissue swelling and discomfort from strain, injury or surgery. It eliminates the drawbacks of ice or gels by maintaining therapeutic cooling temperatures over longer treatment periods without over-cooling.



RiteTemp Active Knee – Two-piece design with flexible straps moves with the knee while retaining its position through heavy repetitive motion such as physical therapy or exercise.

Shipping Weight: 11oz (317g)

Cooling Area: 63in² (406cm²)

RiteTemp Shoulder – Providing therapeutic cooling over the anterior and posterior faces of the full-shoulder region, the shoulder cold therapy unit features a unique soft strap system that can be applied by the patient without lifting the affected arm.

Shipping Weight: 13oz (371g)

Cooling Area: 112in² (787cm²)



RiteTemp Knee – Ideal for pre-cooling, post-surgical or injury recovery, the knee provides cooling over the entire knee and extending to the thigh and calf. A butterfly shape allows full joint mobility for walking.

Shipping Weight: 12oz (344g)

Cooling Area: 119in² (768cm²)



RiteTemp Back – With a back-support style belt system, the RiteTemp Back provides large area cooling over the lumbar and kidneys.

Shipping Weight: 12oz (359g)

Cooling Area: 90in² (581cm²)



Unique performance features make RiteTemp HTFx the perfect therapeutic cooling solution

- **Regulated Cooling** – HTFx is self-regulating. It only absorbs the amount of heat needed to maintain therapeutic cooling temperatures. HTFx completely eliminates the risk of frostbite caused by prolonged or direct exposure to ice or frozen gel packs.
- **Simple Operation** - Once fitted and adjusted, ergonomic designs allow RiteTemp cooling devices to be used by the patient without requiring assistance.
- **Long Cooling Times** – HTFx has a higher cooling capacity than water, ice or traditional gels, resulting in long cooling times.
- **Hygienic** – All RiteTemp cooling devices are manufactured in compliance with FDA Class I or Class II medical device standards. They have an easy to clean stain and grime resistant, anti-microbial polymer surface.
- **Unlimited Service Life** – HTFx is recharged in a refrigerator or freezer, or fast-charged in an ice-water bath. There is no limit to the number of times it can be charged and reused.
- **Form Fitting** - RiteTemp cooling devices remain flexible and contour to the body for full mobility and comfort.
- **Fully Sealed** - RiteTemp cooling devices are completely self contained and do not absorb or weep water during use.

RiteTemp Ankle – The ankle cooling device provides cooling over the entire ankle while leaving a full range of flexibility.

Shipping Weight: 7oz (200g)

Cooling Area: 55in² (353cm²)



RiteTemp Elbow – A full wrap for the elbow provides flexibility with an elbow cut-out for improved contact over the ulnar collateral ligament.

Shipping Weight: 13oz (360g)

Cooling Area: 124in² (800cm²)

Made in America... By Americans.

50D Medical, an HTFx company

420 Stan Drive, Melbourne, FL 32904

Voice: 321.724.1022 Fax: 321.956.0988

www.RiteTempMedical.com