



Department of Physical Therapy

## Cold Therapy Instructions for the Shoulder

Your surgeon has prescribed a cold therapy unit to provide continuous flow cold therapy to help decrease pain, swelling and inflammation that may occur after surgery.

Always use an insulation barrier (towel) between the blue cold pad and your skin. Do NOT let any part of the cold pad touch your skin. The cold pad alone is too cold and will cause injury if applied directly to the skin.

Use your cold therapy unit \_\_\_\_ times for \_\_\_\_ minutes (each session) every day. Be sure to inspect the skin under the cold pad after each session. If you have any reactions such as heightened pain, increased swelling or redness, itching, blisters, discoloration, welts or other changes in skin appearance, stop using the cold therapy unit and call your surgeon at once.

### Starting Your Treatment

1. Unplug the AC adapter from the grounded wall outlet. Lower the handle to unlock the lid. Remove the lid.
2. Follow the instructions on the label inside the unit. Do not overfill the unit.



3. Replace the lid. Raise the handle to lock the lid.



4. Place an insulation barrier (towel) on your shoulder large enough to completely cover the skin under the cold pad. Remember: Your skin can be injured if the cold pad is in direct contact with skin.



5. Place the cold pad on your shoulder. Locate the three blue elastic straps (numbered 1, 2, 3). Attach the ends of these straps to the corresponding numbers (1, 2, 3) on the cold pad.



6. Connect the cold pad hose to the unit. Listen for a click.



7. With dry hands, connect the AC adapter to the electrical connection on top of the unit. Plug the adapter into a grounded wall outlet. The unit will start automatically.



8. To stop the unit and end the treatment session, disconnect the AC adapter from the grounded wall outlet. Disconnect the cold pad from the pump by pressing the two metal tabs on the hose, then gently pull apart.