

POLAR CARE UNITS

Flagstaff Bone & Joint is proud to offer two cold therapy unit options. These devices are a convenient way to provide cold therapy to your surgical site. Both options circulate cold water from the unit into the pad, which is placed over your surgical body part. With the addition of ice and water, you can enjoy hours of effortless cold therapy during recovery. Unlike regular ice packs, the pad is not warmed by body heat and allows for constant, long-lasting cold therapy directly to the area. Either unit can be used throughout the postoperative period, and long after.

The Breg® Polar Care Cube cold therapy system is effective and reliable. It's easy to use, the compact design makes it advantageous for home use. The Polar Care Cube is available for purchase for **\$230**.

- Strong pump for optimal durability
- High flow rate results in even pad temperature
- Provides motorized cold treatment for 6 – 8 hours
- Proper use requires an insulation barrier between the pad and skin.



The Breg® Polar Care Wave cold therapy and compression device combines motorized cold therapy with dynamic compression in a simple and compact unit, this makes it ideal for use at home, hospitals, physical therapy, or athletic training settings. The Polar Care Wave is available for purchase for **\$366**.

- Varied levels of cold + compression settings
- Y-adapter available for bilateral usage
- Quiet pump encourages rest and recovery
- No additional barrier needed

(More information about the Polar Care Wave can be found on the next page.)

The superior cooling provided by these units aide in post-surgical healing by reducing post-operative swelling, decreasing pain, and may also lessen the need for narcotics or pain medication. These benefits can result in better early range of motion and ambulation to optimize recovery. These are valuable factors that may contribute to a more comfortable surgical experience and a better outcome.

Both Breg Polar Care units are not covered by insurance and can be purchased at our office using cash or credit card any time prior to surgery. No need to call ahead. Simply stop by our office any-time during regular business hours to pick one up. If you have questions about these products, please call our DME Coordinator at (928) 213-6231.

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ORTHOPAEDIC EXCELLENCE. EXCEPTIONAL CARE.

www.flagstaffboneandjoint.com

POLAR CARE WAVE BENEFITS

Why do I need cold and compression therapy?

Your healthcare provider may have recommended cold therapy to support your recovery after an injury or surgery. Cold therapy, especially when combined with compression, helps reduce pain and swelling in the affected area—so you can heal faster and more comfortably.

Why would I pay more for a cold and compression system?

Studies show that using cold with compression is more effective than cold therapy alone. It can help better manage pain, reduce swelling, improve joint mobility, and even reduce the need for pain medications. The Polar Care Wave system combines both cold and compression in one device to help you recover faster and get back to doing what you love.

How does the Polar Care Wave work?

It's easy to use:

1. Fill the cooler with water and ice (reusable ice bags are included).
2. Connect the hose from the cooler to a specially designed pad that wraps around your injured area.
3. Turn the unit on and you'll feel gentle, intermittent compression combined with cold therapy.

You can adjust the cold and compression levels as instructed by your provider.

Will insurance cover the cost of the Polar Care Wave?

Most insurance plans don't cover cold therapy systems, but you can use a Health Savings Account (HSA) card. It's a smart investment in your recovery and long-term wellness.

How long should I use Polar Care Wave?

Follow your provider's instructions closely. They will guide you on:

- How often to use it
- Duration of each session
- Temperature and compression levels
- When to take breaks
- How to monitor your skin
- How long to continue therapy

What are the benefits of using PolarCare Wave?

- Helps reduce pain and swelling
- No more messy ice packs or frequent trips to the freezer
- Adjustable settings for comfort and control
- Wrap-on pads contour easily to your body
- Built-in storage for hose keeps things neat
- Comes with a reusable ice bag to simplify setup
- Compact and portable—easy to take with you
- And best of all—it's yours to keep for future use!

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