



Thermopeutic Ice Pack Speeds Up Rotator Cuff Surgery Recovery and Reduces Time Off Work

November 19, 2019

November 19, 2019 - PRESSADVANTAGE -

Thermopeutic, a business based in Las Vegas, Nevada, has announced that they are offering the Thermopeutic Reusable Ice Pack for speeding up rotator cuff surgery recovery and reducing time off work. This ice pack has been designed to be cold for a longer time compared to other products. It makes use of a unique cold formula gel to ensure that its cold temperature will last longer, allowing people to recover from their pain and injuries as fast as possible so that they would be able to return to their regular routine.

Rotator cuff problems that are severe or continue for a period of more than six months may sometimes require surgery. The rotator cuff is a set of tendons and muscles located in the shoulder and they help in the lifting and rotating of the arm. The rotator cuff also helps in keeping the shoulder joint in place. Accidents like falling on one's arm can cause the tendons to tear or get pinched by the bones around them. Wear and tear over time may also affect the rotator cuff and the pain can be so severe so that surgery may be used as the remedy.

Ice packs or cold packs are often used for reducing pain because the cold constricts the blood vessels, thus decreasing blood flow in the area. This can substantially reduce swelling and inflammation, particularly around a joint or tendon. Because of the reduction in inflammation and swelling, the recovery process can also start.

Hot or cold packs may be used for pain but there are differences when they are used. Cold packs are often recommended for acute injuries, which are fresh and immediate. In these cases, the blood flows to the area so that it becomes red and sometimes swells. To reduce the swelling and redness of the area, the blood supply to the area has to be reduced and this can be accomplished by an ice pack as it causes vasoconstriction and therefore decreases the blood flow to the area.

In contrast, chronic injuries gradually build up. A chronic injury may also develop from an acute injury that failed to heal. In these cases, the inflammation and swelling will set down with the injured person's immune system. The goal for this case is to boost blood circulation in the area. Thus, hot packs will increase blood flow to the area, providing it with oxygenated blood and nutrients to help in regeneration and in the healing process.

After rotator cuff surgery, an ice pack is needed to control the swelling and inflammation through vasoconstriction. Putting an ice pack over the shoulder frequently for the first 48 to 72 hours after rotator cuff surgery is recommended by doctors. And for the first week, icing the area two to three times a day is recommended, particularly before going to sleep.

The Thermoapeutic Reusable Ice Pack is appropriate for use after rotator cuff surgery because its cold temperature will last much longer than other ice packs. It is also provided with a high quality neoprene strap so that it is easy to keep it in place while allowing maximum compression. And there's no need to worry about the non-toxic gel leaking out because it has been placed inside a high-quality leakproof plastic.

Jim Chao, co-founder of Thermoapeutic, explains the origin of the company, "In 2016, I had the worst ankle sprain in my life. I was surprised by how poor the existent ice packs out there are on the market. After my recovery, my team and I set out to design cold therapy packs that would satisfy the market's need. Our products have a unique cold formula gel that lasts as long as possible. We also focus on fit and comfort on every product. Ultimately our goal is to help you recovery from your pain and injuries as fast as possible so you can get back to your routine."

Those who are interested in the Thermoapeutic Reusable Ice Pack can visit their website or their Amazon page, or contact them on the phone or via email.

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For more information about Thermopeutic, contact the company here:ThermopeuticJimmy702-637-4699support@zenfreshllc.com848 N. RAINBOW BLVD. #4789LAS VEGAS, NV 89107

Thermopeutic

To create a line of high quality cold therapy products that will improve people?s lives. Our goal is to build a base of happy customers that will refer and sustain our operation so we can continue to over deliver on high quality cold therapy products.

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