



Thermopeutic Offers Ice Packs For Knees After Surgery

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Thermopeutic, a company based in Las Vegas, Nevada, has announced that their Thermopeutic Reusable Ice Pack can be used as a knee ice pack for reducing pain and speeding up recovery after knee surgery. This cold pack will remain extremely cold for a much longer period in contrast with other packs. This is because it utilizes a unique cold formula gel that allows its cold temperature to be maintained for a relatively longer time. And it is provided with a strap that allows it to stay in place over the affected knee.

Ice may be able to decrease the swelling after knee surgery and help speed up recuperation. This is because the cold temperature constricts the blood vessels. This has the effect of reducing the delivery of cytokines to the injury location, which minimizes the inflammation process. The cytokines are the chemical messengers that cause the blood vessels in the area to leak fluid into the surrounding tissues, which then results into swelling. Because of the increased pressure, this results into pain. Ice has been found to decrease the swelling and the pain.

Ice packs have been found to speed up healing because they constrict the blood vessels that carry the cytokines to the injury. This slows down the swelling, making it easier to return to a functional level. Experts

advise people to apply ice immediately after the injury, which means an ice pack will need to be applied after knee surgery, in the first 24 to 48 hours. However, after the injury has already swollen, heat will be needed to reduce the swelling.

Ice packs or cold packs may help in reducing pain because the cold temperature constricts the blood vessels, thus reducing blood flow in the area. In turn, this can significantly decrease swelling and inflammation, especially around a joint or tendon.

Hot or cold packs may be used for pain but there are different times when they are useful. Cold packs are often used for acute injuries that are fresh and immediate. In these situations, the blood rushes to the area so that it swells. To minimize the swelling and redness in the area, the blood supply to the area has to be decreased and this can be done by using an ice pack.

After knee surgery, an ice pack can help in controlling the swelling and inflammation through vasoconstriction. Putting an ice pack over the knee can help in keeping the swelling and inflammation to a minimum.

The Thermopeutic Reusable Ice Pack is useful after knee surgery because its cold temperature will last much longer than other ice packs. It also has a high quality neoprene strap so that it is easy to strap it in place while also providing maximum compression. And there will be no problem about the gel leaking out because it contained inside a high-quality leakproof plastic. The gel has also been ascertained to be non-toxic.

People who have tried the Thermopeutic Reusable Ice Pack have mostly positive things to say about it. For instance, Nancy T. says, "I recently had knee replacement surgery and I needed an easy to use wrap for icing the knee. This ice pad was large enough to easily go around the knee and the bandages, with a Velcro strap to keep it in place. I used it everyday, several times a day, and it did the trick. The only problem, and it's a very slight problem, is that the wrap got a thin layer of ice on it, from being in the freezer."

Thermopeutic was established because of the realization of one of the founders that the ice packs available on the market were not adequate when he suffered an ankle sprain. After his recovery, they decided to design cold therapy packs that would be satisfactory and the result was the Thermopeutic Reusable Ice Pack.

People who would like to know more about the Thermopeutic Reusable Ice Pack can go to their website or their Amazon page, or contact them through the telephone or by email.

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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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