A breakthrough multi-modality recovery system, the all-new Med4 Elite™ from Game Ready® integrates Iceless Cold, Heat, Contrast, and Active Compression therapies like never before. Now, athletic trainers, physical therapists, and sports medicine physicians have comprehensive and flexible options for diverse users, injuries, surgeries, and different stages of rehabilitation.

SUMMARY OF COMPREHENSIVE LITERATURE SEARCH FOR POSITIVE CLINICAL OUTCOMES AND SYMPTOMATIC RELIEF OF MANY CONDITIONS WITH COLD, HEAT, CONTRAST AND INTERMITTENT PNEUMATIC COMPRESSION THERAPIES.
COLD AND COMPRESSION THERAPY

Cold therapy (cryotherapy) is used to promote vasodilatation and increase blood flow. Heat is also beneficial in increasing elasticity of connective tissue, resulting in reduced stiffness and increased flexibility.

CONTRAST THERAPY

Contrast Therapy is used to alternately and constantly condition the vascular system, increase blood flow, and receive the additional benefits of heat therapy in the injured area, without causing the accumulation of additional edema (swelling).

INTERRMITENT PNEUMATIC COMPRESSION THERAPY

Intermittent Pneumatic Compression Therapy (IPC) is used to provide even pressure around an injured area, mechanically reducing the amount of space available for swelling to accumulate, increasing lymphatic flow, decreasing swelling, and enhancing tissue healing. IPC has been shown to be most effective when combined with cryotherapy.