

## Enhanced Recovery After Surgery with Game Ready®



A surgeon's reputation extends beyond the operating room and Dr. Xavier Cassard, a top knee surgery specialist at Capio Clinique des Cedres in France, is always searching for solutions to improve the patient recovery experience following surgery.

When preparing for an impending surgery, patients are typically most concerned with a rapid recovery and quick return to their normal lifestyle. After years of research, Dr. Cassard concluded that the best outcomes for a patient occurred when the patient felt as though the surgery is like "any other day." To make this feeling possible, hospital stay time needs to be reduced to a single day, which reduces the risks associated with hospitalization and enhances the overall recovery experience. According to Dr. Cassard, "Patients feel better and tend to recover better at home."

ERAS (Enhanced Recovery After Surgery) is an approach to surgery that allows for a reduction in the duration of stay after a surgical procedure. The ERAS approach requires a multidisciplinary effort and a patient-centric culture with extremely streamlined coordination amongst the surgeon, anesthesiologist, physiotherapist, nurses, management team, and others. Over the years, Dr. Cassard has built a protocol that allows ACL and, more recently, TKA patients to exit the hospital the same day they enter. With over 1,000 ACL and increasingly more TKA surgeries performed following this single-day protocol, many of the surgeries have resulted in fewer complications than those not following the protocol.

According to Dr. Cassard, the most challenging pieces of the recovery experience to manage are pain, bleeding,

and swelling – all of which are key exit criteria. He also depends on Game Ready® to reduce pain and swelling, leading to decreased hospitalization time and improved range of motion. The Game Ready System, which features active compression and adjustable cold therapy, is used immediately following surgery in what is known as "the wake-up rooms" and later in the recovery rooms.

All of Dr. Cassard's ACL and TKA procedures are followed by Game Ready treatments. The typical Game Ready protocol after surgery and prior to discharge is:

- 30 minutes of cold therapy and 30-minute "rest" cycles between treatments (Preset Program 3 with medium compression on the GRPro 2.1)
- Temperature 4-6°C (39-43°F)

Patients are offered the Game Ready as a rental for their use at home for two weeks following surgery. The at-home protocol calls for use of the system five times per day, following the protocol settings above.

Both Dr. Cassard and his patients are enthusiastic about the positive effect Game Ready has on their recovery. "The use of the Game Ready System has enabled our

**Who:** Dr. Xavier Cassard

**Where:** Capio Clinique des Cedres, Toulouse, France

**What:** The Game Ready System is standard protocol immediately following ACL, THA, and TKA surgeries to accelerate recovery and get patients back to their everyday lives faster.

**Why:** Dr. Cassard says the system reduces pain medication, swelling and bleeding, and enables improved range of motion, making patients comfortable faster and contributing to a same-day hospital discharge.

anesthesiologists to reduce their use of pain medication, and reduce swelling and bleeding. It has also contributed to our patients' ability to stand sooner. All of this means that patients are recovering more comfortably and getting back to their lives faster. With Game Ready we are getting closer to that 'any other day' feeling on surgery day," said Dr. Cassard.

Additionally, Dr. Cassard with Dr. Murgier published their preliminary experience with Game Ready in a study comparing two similar groups of patients after ACL reconstructive surgery. The study monitored the post-operative use of cryotherapy. One group was treated with traditional

***"The use of the Game Ready System has allowed our patients to recover more comfortably and return to their lives more quickly."***

static cryotherapy and compression; the other group with cryotherapy with dynamic intermittent compression (Game Ready). Analysis of the data demonstrated significantly superior results in the group treated with Game Ready, including decreased pain and swelling, decreased hospitalization and associated costs, significantly improved range of motion, and fewer skin problems.<sup>1</sup>

Surgeons worldwide can agree that their reputations are largely built on successful patient outcomes and patient satisfaction. Dr. Cassard's single-day protocols coupled with the clinically proven efficacy of the Game Ready System enhance the recovery experience for patients.

### **Return to Normal Faster**

Dr. Cassard largely attributes his success with his same-day surgery protocol to the use of the Game Ready System and its ability to help patients achieve key milestones that allow for discharge, enabling them to get back to their normal lives. Patients are enthusiastic about the positive effects of Game Ready on their recovery and overwhelmingly chose to rent the system for their at-home use following surgery.

### **Dr. Cassard's Protocol**

#### **Hospital**

- Game Ready wrap applied in the Operating Room
- Game Ready control unit connected in the wake-up room, 5 minutes after surgery
- Preset Program 3 on the GRPro 2.1 System: 30 minutes of cold therapy and 30-minute "rest" cycles between treatments
- Temperature set between 4-6°C (39-43°F)
- If not using the preset programs, compression set at medium/50mmHG (as tolerated by the patient)
- Average total treatment time of 4-6 hours, alternating 30 on/30 off

#### **Home**

- 30-minute treatment sessions
- Temperature should be set between 4-6°C (39-43°F)
- Compression set at medium/50mmHG (as tolerated by the patient)
- Treatment 5 times per day and continued for the weeks following surgery until no longer needed
- Daytime treatment only

## **About the Game Ready® System**

The revolutionary Game Ready System combines a powerful, portable control unit and a complete range of ergonomic, dual-action wraps to bring proven active cold and compression therapies together like never before. For acute musculoskeletal injuries and post-op rehab, Game Ready's patented ACCEL® Technology (Active Compression and Cold Exchange Loop) works unlike anything else to help patients heal faster and recover better. Pressure, temperature, and time are easily monitored and adjusted with the touch of a button or the turn of a dial, and pre-set programs improve application and enhance convenience.

1. J Murgier and X Cassard. Cryotherapy with dynamic intermittent compression for analgesia after anterior cruciate ligament reconstruction. Orthopaedics & Traumatology: Surgery & Research. 2014;100:309-312.

Disclaimer: Protocols of use for the treatment of patients with the Game Ready System are always the decision of the individual healthcare practitioner. The Cassard protocol is provided for information purposes only and neither CoolSystems, Inc. nor

Xavier Cassard accept any responsibility for any adverse effects specifically as a result of this protocol. Refer to the Contraindications, General Warnings and Cautions in the Game Ready User's Manual and Wrap Use Guides for further information.