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WHY DO I NEED COLD THERAPY?

Pain and Swelling

Pain and Swelling are two of the most unpleasant side effects of orthopedic trauma and surgery. Cold therapy is widely recognized as the of the most effective treatment methods to combat these issues. Cold therapy also helps reduce the need for pain medications. It speeds the recovery process and gets you back to the pain free life you deserve.

How does it work?

It decreases fluid build up (swelling) and slows the release of chemicals that cause pain and inflammation. It decreases pain by reducing the ability of the nerve endings to conduct impulses and provides pain relief by limiting the muscles ability to maintain contraction which reduces muscle spasms.

Why is Cold Therapy Better Than Ice Packs?

Cold Therapy delivers continuous flow through the circulation pads, within a comfortable temperature range that allows for longer-term application. It provides comfortable compression for relieving swelling at the injury site, which aids in the healing process.

How Does the Cold Therapy System Work?

Cold therapy units provide continuous flow cold therapy through a patented method of temperature regulation, utilizing ice and water that is circulated from an insulated fluid reservoir through a pad applied to your postoperative site.

Is Cold Therapy Right for Me?

All cold therapy systems require a doctor's prescription. Cold therapy may not be for everyone and can result in skin injury if misused. Your doctor will evaluate your medical history and any potential risks associated with cold therapy and will determine if a Cold therapy system is right for you.

How Will I Pay For My Polar Care Unit?

Some Insurance companies do not cover cold therapy, even if you have a scheduled surgery. Therefore, Missoula Bone and Joint does not submit claims to insurance companies for cold therapy. However, your insurance company may reimburse you. Missoula Bone and Joint will provide you with a receipt with codes that you can submit to your insurance or flex plan. Medicare cannot be billed for cold therapy.

Cold Therapy is an important step in your post-operative recovery. Most users are happy with their decision to use cold therapy despite the cost, and they often recommend it to others. Please speak to your physician if you are interested in using cold therapy.