



ICE[®] POWER

in physical therapy

The effect of the cold gel has been clinically proven*. It significantly reduces pain, and facilitates recovery in cases of soft tissue injuries. The research conducted by the Kuopio University in co-operation with university hospitals was the very first one in the world. This research, carried out with Ice Power gel, was headed by Olavi Airaksinen. A summary of the research has also been published in the magazine *American Academy of Physical Medicine & Rehabilitation*.

The clinical research demonstrated that the effect of Ice Power cold gel starts immediately after spreading on the skin, and its regular use eliminates pain in half a week.

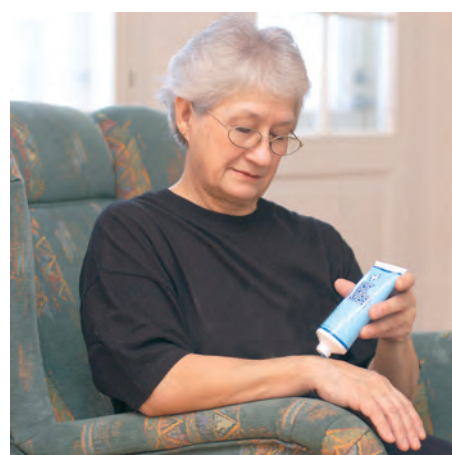
The effect of Ice Power cold gel is based on the menthol and essential oils included in the gel, which reduce the skin temperature by some 5 °C. The effect is further intensified through the recently recognised cold-and-menthol sensitive receptor (CMR1), which is a part of the human thermoregulative receptor group. Through the menthol receptor the effect is applied also to deep tissue layers, limiting the damage area. Flow of blood and tissue fluids into the tissue are reduced, which in turn prevents swelling. The earlier the stage of application of Ice Power cold gel, the better the results. Ice Power gel allows to perform cold treatment on a more regular basis, thus extending the effect of treatment.



Treatment of **neck and shoulder tension** can be improved, and treatment sessions can be shortened by utilising the properties of Ice Power cold gel. The use in physiotherapy, e.g. for treatment of inflammation – as an ultrasound intermediate agent, as well as a self-care means around the clock.



In the treatment of ever-increasing **work-related muscle and joint pains** the use of Ice Power gel as a self-treatment means at workplaces is easy and efficient. In this case the work physiotherapists have more time for conducting preventive work.



Pain caused by **rheumatism and wear of joints** often make life excessively difficult. Daily use of Ice Power cold gel at home and after therapy sessions extends the benefits of physiotherapy. A person's ability to function is thus efficiently maintained.

*) Airaksinen et al.; Prospective Randomized Controlled Trial of the Effectiveness of Cold Gel: American Academy of Physical Medicine and Rehabilitation 9/2001; Archives of Physical Medicine and Rehabilitation 82:1326, 2001; Airaksinen et al.; Double-blinded Trial of the Efficacy of Cold Gel with soft tissue injuries ISAP, San Diego 8/2002



The use of Ice Power for treatment of postparalytic or bone fracture **contractures** is an efficient way to combine cold treatment with therapy. Cold treatment extends the painless mobile area of joints, and relaxes muscles.

The improvement of **postoperative** treatment by the use of Ice Power gel considerably reduces swelling, and enables to perform efficient rehabilitation from the very start.

By reason of its drug-free nature Ice Power cold gel is suitable for treatment of back pains and swollen legs of **pregnant** and breast-feeding women.

Growth pains of children, that more often than not appear at nights, may be prevented and treated by the use of Ice

Power cold gel due to its effect of improving blood circulation.

The use of Ice Power cold gel in cases of **acute injuries**, like strains, sprains, sports injuries and bruises is efficient and easy both as a self-treatment measure, as well as professional treatment. In combination with cold packs it is possible to achieve a more lasting drop of tissue temperature, at which the swelling of the injured area is reduced due to the effect of blood circulation.

Ice Power cold gel is a unique and efficient physiotherapeutic and self-treatment agent in treatment of long-term **contusion and strain injuries**, that can be utilised regardless of the place.



ICE[®] POWER

Ice Power cold gel is a drug-free alternative for treatment of soft tissue and joint pains. Its use as a part of physiotherapy in combination with painkilling drugs significantly improves the results of rehabilitation.

PAIN WINNER!



Package size

IcePower	75 ml
IcePower	150 ml
IcePower	400 ml
IcePower ROLL	75 ml

Product nr.

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10133
10140
10135

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