



MIDWEST
ORTHOPAEDICS
AT RUSH

GERLINGER RAPID RECOVERY KNEE REPLACEMENT KIT

THE DONJOY CRYOKNEE™ KIT

The Cryoknee™ Kit bills to the insurance and helps to optimize recovery with a combined comfortable softgoods in a four-way stretch fabric for compression and optimizes cold therapy to aid in reducing pain and swelling.



\$49 out-of-pocket expense at the time of purchase
Kit is otherwise billed to insurance
*Not covered by Medicaid

OR

BREG POLAR CARE WAVE®

The Polar Care Wave System combines cold therapy with motorized, active compression to reduce pain and edema to optimize post-surgery recovery.

Cost: \$325



UPGRADE YOUR ICE UNIT WITH AN ADDED GEL ICE WRAP

*Not covered by Medicare. \$50 Self-Pay



Please reach out to Nick from Midwest Orthopaedics at RUSH regarding any questions
(708) 492 - 5621

Additional Recommended Add-On **EMN ORTHO NUTRITION BUNDLE: \$295**

A 4-Week Nutrition program. Recommended to help you recover faster and stronger

ISOlution®: An ion-exchange protein isolate with elevated leucine content. Taken before and after surgery to reduce the loss of muscle and improve wound healing.

PREcovery®: A preoperative carbohydrate with rapid-emptying polysaccharides. Taken prior to surgery as an alternative to fasting to reduce surgical stress and improve patient experience.



Purchase at the DME Store or online at <https://emnortho.com/> using code: "GERLINGER"

CRYOKNEE™ **INSTRUCTIONS FOR USE**

Please scan the QR code for step by step instructions on how to use the **THE CRYOKNEE™ BRACE**.



- Position the knee wrap or sleeve over the affected knee joint.
- Adjust the straps or fasteners to secure the device comfortably but securely in place.
- Make sure the ice packs or gel packs are positioned over the area of the knee requiring treatment.
- Apply the device for the recommended duration as instructed by your healthcare provider.
- You can use the device multiple times per day as recommended, but allow sufficient time between sessions for the skin to return to its normal temperature.
- After each session, remove the device and allow the skin to warm up naturally.
- Check the skin for any signs of irritation or discomfort. If you notice any adverse reactions, discontinue use and consult your healthcare provider.