

## One Patient, Three Shoulder Surgeries —the Third with a Very Different Outcome

Game Ready System Hastens Recovery and Improves Rehab after Third Procedure

**After injuring his shoulder, Ben Kelly didn't just have surgery. He had three surgeries. Following the third, he was prescribed a Game Ready System. Ben credits Game Ready for controlling his pain and enabling his quicker recovery.**



When it comes to shoulder surgery and post-operative recovery, home inspector Ben Kelly can speak from experience. While working as an electrician in December 2004, Ben fell and injured his shoulder. Doctors in his hometown of Rives, TN, diagnosed him with a superior labral anterior to

posterior lesion—more commonly known as a SLAP tear.

After several months of unsuccessful physical therapy, Ben underwent his first surgery to repair his shoulder in the autumn of 2005. “The recovery was hard, and the pain continued despite the surgery,” he said.

Ben sought a second opinion after no other damage could be found in a follow-up MRI. He traveled three hours to Nashville to consult with a new doctor, who discovered that the anchor holding his labrum in place had come loose. The surgeon performed the second surgery on Ben's shoulder in late 2006.

Again, the recovery was difficult. “After surgery, I was in a sling for several weeks and I had to use ice packs to try to keep the swelling down,” Ben noted. “But the problem with the ice packs was that I needed to have four or five of them to help manage pain and swelling. Despite that,

I had a lot of bruising and was very uncomfortable for weeks after surgery.”

Fast forward almost two years. Ben began experiencing pain in the same shoulder and consulted with the second surgeon again. During this exam, the doctor discovered a small tear in the labrum, a tear in the rotator cuff, and noted that the clavicle area required debridement. As a result, Ben underwent a third shoulder surgery in November 2008.

But this time the recovery was quite different. His doctor recommended the use of the Game Ready® Injury Treatment System immediately after surgery to help control the pain, swelling, and bruising that Ben had experienced after his first two surgeries. The Game Ready System uses NASA spacesuit technology, water, and ice to deliver adjustable cold therapy and intermittent pneumatic compression.

Additionally, Game Ready's form-fitting wraps enable more effective delivery of cold than traditional ice packs.

This combination of cold and intermittent compression aids in recovery because it increases blood flow and delivery of oxygen to the injured area, optimizes lymphatic drainage, and stimulates tissue healing. The net effect is to help the healing progress from the acute stage to the repair stage.

“I kept the Game Ready for almost four weeks and would use it as much as possible,” Ben said. “Unlike the ice

packs I used after my other surgeries, Game Ready was great because it got colder and stayed colder while

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covering a larger area. Plus, I didn't have to mess with it—like holding or taping the ice packs in place. I could leave the Game Ready wrap on and walk around when I needed to."

In fact, Ben said that he wore the Game Ready wrap with its harness more than the sling in those first few weeks after surgery. "Because the wrap is so form-fitting, it made my shoulder feel more secure, and I was more comfortable," he added. "I even slept in it."

Ben believes that the Game Ready System helped reduce pain and bruising after this surgery because it effectively targeted the injured area and improved blood flow. "I breezed through my recovery and therapy this time," he noted. "I didn't have half as much swelling after my third surgery either, and the quicker the swelling went down, the quicker I could start therapy." He believes that Game Ready made therapy easier, as well. "Because my shoulder didn't hurt as much when I started therapy, I kept up with my exercises and that helped me regain use of my shoulder much more quickly," Ben added.

Even his bruising was significantly reduced. "I had a lot of bruising after my first two surgeries," Ben said. "But when they took the bandages off after the third surgery, there was only a small area that was bruised, and that was an area which the Game Ready wrap didn't cover."

Ben credits Game Ready with helping him quickly recover. "With Game Ready, I was weeks ahead of progress compared to my other surgeries," he said. "And if I ever had surgery again, I would request Game Ready for my recovery." He's even recommending it to others. "My father is having his knee replaced soon, and I told him he needs to ask for a Game Ready System to use after his surgery."

## The Game Ready Advantage

Here's what makes the Game Ready System such a powerful tool for recovery:

### Intermittent Pneumatic Compression.

Compression has been shown to push fluids away from the injury site, reduce swelling which prevents tissue damage, and encourage acceleration of the healing process.<sup>1,2</sup> In addition, intermittent compression has been shown to be more effective than static compression in the clinical setting.<sup>2</sup>

**Adjustable Cold.** Cold therapy has been shown to decrease pain and muscle spasms, tissue damage, and swelling.<sup>1</sup> Game Ready's adjustable temperature control enables customized and comfortable cold application, which can help to improve user compliance.

### Comfortable, Easy-to-Use Wraps.

Game Ready utilizes breakthrough NASA space-suit technology for a comprehensive range of easy-to-apply, anatomically designed wraps—covering virtually every major body part. Game Ready's intermittent compression shapes the wrap to the contours of the body to aid in the delivery of cold therapy.



#### References:

1. Knight KL. Cryotherapy in Sport Injury Management. 1995. Human Kinetics, Champaign, IL.
2. Sabiston KB et al. The effects of intermittent compression and cold on reducing edema in postacute ankle sprains. Journal of Athletic Training. 1992;27(2):140.