



## ***Breg Kodiak System***



### **Kodiak Product information**

#### **[Breg Cold Therapy](#)**

#### **Why do I need cold therapy?**

Two of the most unpleasant side effects of orthopaedic trauma or surgery are pain and swelling. These conditions affect the healing process and can lead to longer rehabilitation times. Cold therapy is widely recognized as one of the most effective treatment methods to combat these issues. By using cold therapy you are taking an important step in speeding up the recovery process, getting you back to a pain-free life.

#### **How does cold therapy work?**

Cold therapy is effective for a variety of reasons. First, it decreases fluid buildup (swelling) in the injured body part. Second, it slows the release of chemicals that cause pain and inflammation. Third, cold decreases pain by reducing the ability of the nerve endings to conduct impulses. And lastly, it aids in pain relief by limiting the muscle's ability to maintain contraction, thus reducing muscle spasm. Because of these benefits, cold therapy is generally prescribed throughout the duration of your rehabilitation.

Ice and gel packs administer intense cold over a small application area for a short period of time, requiring frequent trips to the freezer and can be dangerous to sensitive areas if not well monitored.

Cold therapy systems, such as the Polar Care Kodiak, deliver continuous-flow cold therapy through circulation pads that are specifically designed for different body parts and applications. And, they deliver cold within a safe and comfortable temperature range that allows for longer-term application according to your physician's prescribed treatment protocol. Also, the Polar Care Kodiak will typically maintain its cold up to six hours between ice changes.

Compression is another widely recognized method for relieving the uncomfortable swelling associated with surgery. The Polar Care Kodiak helps alleviate this condition by comfortably compressing the injury site, thus aiding the healing process.

#### **How does a Polar Care Kodiak system work?**

Polar Care Kodiak systems provide continuous-flow cold therapy through a patented method of temperature regulation exclusive to BREG. By utilizing ice and water that is circulated from an insulated fluid reservoir to a pad that is applied to your postoperative site, the system provides cold therapy at a regulated rate allowing it to be safely applied for an extended period of time.

#### **Is a cold therapy system right for me?**

Cold therapy is not for everyone and can result in serious skin injury if misused. Talk to your doctor about your medical history and potential risks associated with cold therapy. Your doctor will determine if the Polar Care Kodiak is right for you.

#### **How will I pay for my Polar Care Kodiak unit?**

Most insurance companies will reimburse you for the cost of these types of medical devices. In policies they will be referred to as Cold Therapy Systems or Cryocuff Systems. Typically getting reimbursed involves filling out a form and sending a copy of the receipt and prescription to your insurance company. Like most medical devices, the Polar Care Kodiak system may require a doctor's prescription.

Using cold therapy is an important step in your post-operative recovery. If you are interested in learning more about the Breg Kodiak System or have questions regarding its application for your surgery, please contact your surgeon's office.