

Cryo-compression Therapy Protocol (Shoulder)

- Apply wrap immediately postop
- Daily, minimum 5 sessions/day
- 20-30min treatment time, at least 30 min between treatments
- No compression for 48 hours postop
- Always: Cold setting 34-50 degrees, as cold as feels comfortable
- 48 hours after surgery, advance from no compression to low compression
- After 1 week, may move to medium compression, if tolerated. If not, remain on low compression