# THE COLD FACTS ON PAIN MANAGEMENT

Cryotherapy: An Alternative to Aid Pain Management



#### PAIN MANAGEMENT IN AMERICA

From 1999-2017, almost 400,000 people died from an overdose involving any opioid, including prescription medications and illicit opioids. 

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In 2017 alone, the number of overdose deaths involving opioids (including prescription opioids and illegal opioids like heroin and illicitly manufactured fentanyl) was 6 times higher than in 1999.<sup>2</sup>

Opioid abuse is among the most consequential preventable public health threats facing the nation.

On average, 130 Americans die every day from an opioid overdose.<sup>2</sup>

#### THE PRESCRIPTION OPIOID CRISIS

1990's (

In response to millions of Americans suffering from chronic pain, pain management became a focus of medical care.

LATE 1990's Pharmaceutical companies reassured the medical community that prescription opioid pain relievers were not addictive.

Health care providers began to prescribe these medications at higher rates, which lead to widespread diversion and misuse of opioid pain relievers.<sup>3,4</sup>

2016

More than 11.5 million Americans reported misusing prescription pain relievers in the past year.<sup>5</sup>

#### PRESCRIPTION OPIOIDS

Can be **prescribed** for **moderate to severe** pain, after **surgery** or **injury**, or pain from health conditions like **cancer**.

Risks include misuse, addiction, overdose, and death, especially with long-term use. Includes drugs like hydrocodone, oxycodone, codeine, and morphine.

#### OPIOID CRISIS FACTS & FIGURES

Public Health Impact

MORE THAN

of the 47,600 opioid overdose deaths in 2017 involved prescription opioids<sup>6</sup> 46
DEATHS

every day from overdoses involving prescription opioids<sup>6</sup> 5X

in overdose deaths involving prescription opioids from 1999 to 2017<sup>7</sup> 180K

more deaths predicted by 20208

Orthopedic Surgeons are the third highest prescribers of opioid prescriptions among physicians, accounting for an estimated 7.7% of all opioid prescriptions.<sup>26</sup>

Opioid use can have detrimental effects on clinical outcomes across the spectrum of orthopedic subspecialties.<sup>26</sup>

#### **ECONOMIC IMPACT**

of the world's oxycodone is consumed in the U.S. according to The World Health Organization<sup>9,10</sup>

578.5 billion economic burden of prescription opioid abuse in U.S. per year according to the CDC<sup>11</sup>

Yet even as the amount of opioids prescribed and sold for pain has increased, the amount of pain that Americans report has not similarly changed.<sup>7</sup>

92% of the world's opioid supply is consumed by just 17% of the world's population.<sup>26</sup>

The United States far outpaces all other nations in the use of opioids for pain control.26

## COLD THERAPY FOR PAIN MANAGEMENT

Cold therapy (also known as cold treatment or cryotherapy) is widely applied for temporary reduction of swelling and pain after surgery or injury.

In injury recovery, cold therapy has been proven to help:

REDUCE PAIN<sup>12,13,14</sup>

### **CRYOTHERAPY**

Evidence-based medicine studies indicate that patients undergoing TKA and arthroscopic ACL reconstruction have benefited from postoperative cryotherapy.<sup>15,16,17</sup> REDUCE SWELLING/ EDEMA

> IMPROVE ROM

REDUCE MUSCLE SPASMS

Significantly helps reduce postoperative pain scores after TKA, ACL reconstruction, and wrist arthroscopy. 19,20,21

BENEFITS OF COMBINED COLD & COMPRESSION THERAPY Showed significant decrease in VAS and decreased use of pain medication when compared to conventional icepacks<sup>22,23</sup> aiding post-operative arthroscopic procedures.

After ACL reconstruction, showed improved ROM immediately, decreased VAS, and decreased edema.<sup>22,23,24</sup>

In 2019, Senate lawmakers directed the CMS to boost non-opioid devices reimbursement.<sup>25</sup>

Cold therapy is an affordable, easy-to use and effective treatment to aid in pain management.

#### **DJO® COLD THERAPY PRODUCTS**

DJO® meets every cold therapy need with a comprehensive line of products. From cryotherapy delivery units to wraps, sleeves, cuffs and pads, we help you provide effective cold therapy to every part of the body. To learn more visit www.djoglobal.com.



DonJoy® IceMan® CLEAR3\*



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\*WARNING: This device can be cold enough to cause serious injury. Serious adverse reactions & safety hazards may occur when using this device. Read and understand all warnings and Instructions for Use, including contraindications, before using this device. DO NOT use this device without a prescription from a physician. Your prescription must state how long and how often the device should be used and the length of breaks between uses.