



# SimplyMed

*Ice Power helps to relieve the symptoms of Rheumatism*



In rheumatic conditions the joints become inflamed and this results in structural changes and dislocation. These changes are due to continuous or repeated inflammation and therefore treatment of inflammation is necessary. There is no cure for rheumatoid arthritis but its progress can be delayed and even halted with medication. Also essential are exercise, movement therapy and cold treatment. The main aim of treatments is the control of rheumatic inflammation, pain relief and increased mobility.

Rheumatic inflammation generally appears in joints but can also spread to tendons, sheath and even to the muscles. Inflammation can be treated with anti-inflammatory drugs but cold therapy is also beneficial. Cold treatment stops the inflammation from spreading, reduces swelling and relieves pain. Ice Power cold treatment is easy to use. Treatment with Ice Power Cold Pack by physiotherapists or at home quickly lowers the temperature in a painful area. Treatment can be improved by applying Ice Power Cold Gel during the day. Varying degrees of rheumatic inflammation can cause permanent changes to the joints. Various splints and supports are used to prevent and fix such changes, but this causes stress to support structures, especially the muscles. Treatment of muscle tension with Ice Power cold gel helps to maintain good daily performance.

Ice Power cold gel is an excellent aid to the treatment of rheumatism because it is not a medicine and therefore has no harmful effects on the body and also reduces the need to use anti inflammatory drugs. Use of Ice Power cold gel as part of self care improves treatment results.

Ice Power Cold Gel is an alternative non-prescription analgesic for soft tissue and joint pain. Using the gel as a part of physiotherapy, together with analgesics, will significantly improve the outcome.

### **Scientifically proven effect\***

Ice Power Cold Gel effect is based on Menthol and other ethereal oils, which lower the temperature of the skin by approximately 7 degrees. The effect is promoted by recently discovered cold mediating menthol receptor (CMR1), which belongs into a group of skin thermoregulation receptors. Menthol receptor mediates the effect also to deeper tissues. The gel reduces the inflow of blood and tissue fluids, preventing the forming of swelling. The sooner the Ice Power Cold Gel is used, the better the results. Ice Power Cold Gel enables to perform cold therapy more often, which prolongs the effect of treatment.

The effectiveness of Ice Power Cold Gel is scientifically proven. It reduces pain and promotes recovery for soft tissue injury. The first Cold Gel trial in the world was carried out in Kuopio University in cooperation with university hospitals and they found that after application of ice power the pain decreases by half after one week of treatment.