



Polar Care Wave®

Better pain management cold and compression



Scan QR code for Breg's
instructional video or visit:
[breg.com/wave](https://www.breg.com/wave)

For questions about Polar Care Wave, please contact Breg's
Customer Care team at 800-321-0607, or visit
www.breg.com/products/cold-therapy.

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Cold Therapy





In a recent survey,
70 percent of respondents
said they would avoid
opioids if better pain
 management options were
 available¹.

The combination of cold and
 compression therapy has been shown in
 studies to reduce narcotic use and
 improve outcomes².



How does Polar Care Wave work?

It's simple. Fill the cooler with ice and water. There is a hose attached to the cooler that you connect to a pad that easily wraps around the affected area. Turn the system on and you'll feel intermittent squeezing along with a cold sensation. You are able to adjust the level of cold and compression as directed by your health care provider.

What are the benefits of Polar Care Wave?

- Reduces pain and swelling
- Reduces trips to the freezer; less messy than ice or gel packs
- Allows you to adjust temperature and compression levels
- Comes with easy-to-use wrap-on pads designed to conform to the affected areas
- Includes a simple storage system for the hose
- Ice bag accessory available to fill cooler instead of ice cubes
- Is easy to transport due to compact design

Will my insurance cover Polar Care Wave?

Cold therapy and compression systems like Polar Care Wave are typically not covered by insurance. The cost of this system is an investment in your recovery.

How long do I need to use Polar Care Wave?

Use cold therapy products only as prescribed by your health care provider. The healthcare provider will provide you instructions on frequency, compression level, temperature level, duration of use, lengths of breaks between uses, how and when to inspect the skin and the total length of treatment.

Ask your doctor about cold therapy risks

As with other cold treatment options such as ice or gel packs, motorized cold therapy can cause serious injury if improperly used. Please ensure you have received proper instructions from your doctor and understand the risks before using any cold therapy device.

¹ The survey was conducted by Orlando Health in 2021; here is the link: <http://oh.multimedia-newsroom.com/index.php/2021/11/09/survey-most-willing-to-for-go-opioids-after-surgery-if-pain-can-be-effectively-managed-without-them/>

² Waterman et al: Efficacy of combined cryotherapy and compression compared with cryotherapy alone. The Journal of Knee Surgery, Vol 25, No. 2, 2012.