# IceBand®

by MD R. Ihrman Patent Pend.

Postoperative
cooling bandage



IceBand Shoulder


IceBand Hip


IceBand Knee


IceBand Foot/Ankle

**Title:**

*A Feasibility Study of a Randomised Controlled Trial to Assess the Effect of Cryotherapy vs Standard Treatment Following Arthroscopic Rotator Cuff Repair (RCR)*

## Objective:

To assess the feasibility of a randomized controlled trial (RCT) comparing cryotherapy plus standard care vs standard care alone after arthroscopic rotator cuff repair (RCR), and to gather data for a future full-scale study.


IceBand

## Methods:

40 patients were randomized (18 control, 19 cryotherapy) post-surgery. The cryotherapy group used an IceBand® device for at least 48 hours postoperatively. Pain (VAS), sleep quality, opioid use, and EQ-5D scores were recorded via patient diaries over 6 weeks.

IceBand

## Key Findings:

- 81% diary return rate; good overall compliance.
- Cryotherapy group reported significantly lower pain on several days (days 2, 3, 10, 12, 13) and better sleep on days 6 and 14.
- No significant differences in opioid use or EQ-5D scores.
- No major device issues; some patients needed help applying it.


IceBand

**Conclusion:**

A full RCT is feasible. Cryotherapy showed promising early benefits for pain and sleep. Future studies should improve data collection methods and patient training in device use.
Estimated sample size for full trial:
34 per group.


IceBand