Shoulder Cooling and Compression Cuff

To control pain and swelling in your shoulder, your doctor has ordered the use of a cooling and compression cuff, also called a cryo cuff. The cuff will be put on after surgery. Use the cuff as directed by your doctor or physical therapist.

The cuff fits over your shoulder and around your body. There is a cooler unit that holds water and ice. The cooler and the cuff each have a tube. You connect the pieces of tube together to fill the cuff with cool liquid.

Putting the Cuff on

You may need to have another person help you put the cuff on. The cuff is placed over your shirt and sling.

1. Place the cuff over the shoulder to be treated and attach the strap around your body, under your other arm.

2. Attach the strap under the arm to be treated.

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3. Attach the elastic straps from the cuff on your upper arm to the front and back of the cuff. These straps can be opened when you do your shoulder exercises.

Filling the Cooler and Cuff

1. With the tube attached to the cooler unit, fill the cooler with water to the line inside the cooler. Then add ice to fill the cooler.

2. Place the insulated disk on top of the ice and then close the cooler cover. Be sure the cover is tight but not too tight and the air vent is closed.

3. Allow the ice to cool the water in the cooler for at least 5 minutes.

4. Connect the tubes from the cooler and cuff with the cooler below the cuff.

5. Open the air vent at the top of the cooler lid. Raise the cooler above the cuff so that the cooler fills with the cool water.
   - Do not raise the cuff more than 15 inches or it may make the pressure too strong when filling the cuff.

6. The water will fill the cuff in about 30 seconds.
7. Close the air vent on the top of the cooler lid and then disconnect the tubes at the metal tab while the cooler is still raised.

8. Attach the tube to the front of the cuff until you need to cool the water again.

9. At first you will need to cool the water in the cuff after 15 or 30 minutes but then it will only be needed hourly. Connect the tubes together and open the air vent on the cooler.

10. With the cooler below the cuff, the warmed water will drain from the cuff back into the cooler.

11. Wait about 2 minutes for the ice to cool the water down and then raise the cooler to refill the cuff, as in step 5 above.

**Care of the Cuff and Cooler**

When you are not using the cuff and cooler, you need to drain all the water out of the cuff, tubes, and the cooler.

1. Connect the tubes and drain the cuff into the cooler.

2. Take the tubes apart at the metal tab. Lift the cuff tube up while pressing on the metal tab to drain out any water in the tube.

3. Drain the water out of the cooler. Lift the tube on the cooler to drain the water out of it.

4. Leave the cover off the cooler unit to let it dry.

**Special Notes**

- Check the skin under the cuff to be sure it is not damaged by the cold.

- Do not raise the cooler higher than 15 inches above the cuff because it may cause too much pressure in the cuff.

- If you have any increase in pain, numbness or tingling of the arm, check that the cuff is not too tight, or too full. If you adjust the cuff and the pain, numbness or tingling do not ease, call your doctor.

⚠️ Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.