**How to Use A Knee Pad from Cold Rush**

Cold Rush Knee Padis your new best friend if you suffer from swelling joints, arthritis or knee pain. The best feature of this product is that you can use it as a post operative bracing care, as well as to treat a sports related medical trauma to the knee as well as soothe local swelling.

**Steps for using a cold rush knee pad**

* Step 1: Apply the insulator material on the patient’s knee.
* Step 2: Put the [**Cold Rush Knee Pad**](http://mdconsultantus.com/shop/ossur-en/cold-rush-compact-w-knee-pad.html) over the insulating sheath. Make sure that you do not put it directly over skin.
* Step 3: Wrap the provided elastic wrap around the area upon which the knee pad has been applied. Make sure that it does not restrict your movement or cut off blood flow.
* Step 4: Connect the elastic wrap directly to the hose which extends from the unit.
* Step 5: Follow the instructions to program the knee pad.
* Step 6: Once you are done, you can turn the therapy system off and proceed to disconnect the knee pad from the hose coupling.
* Step 7: After you are completely done with your cold rush therapy, you may choose to discard the knee pad.

Yes, it is as simple as that!

**What not to do with the Cold Rush Knee Pad**

* Do not apply the knee pad directly on the skin as it can cause serious damage.
* Do not wrap the elastic band too tightly because it can limit the blood flow to your knee.
* Do not use the same knee pad on more than one patient over a prolonged period of time.
* Adjustment of the temperature of the knee pad must be done by an expert as wrong temperature can cause serious injury to your knee.
* Do not apply it on an open wound.

For more information [**find out here**](http://www.tuugo.us/Companies/md-consultants-of-america/0310006205214).