



Game Ready Accelerated Recovery System

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As everyone knows I broke my collarbone three weeks ago. As a part of rehabilitation Robbie Ventura called one of his college buddies, Mike Wilford of [Game Ready](#). Robbie's Dad had successfully used the [Game Ready](#) product following shoulder surgery and Floryd Landis had also used the product with great success. To say that the [Game Ready](#) unit helped would be a gross understatement, it was a huge part of my recovery and I am convinced that my pain level, swelling, and recovery time was greatly reduced.

The old adage RICE, Rest, Ice, Compression and Elevation is taken to an entirely new and better level with [Game Ready](#). The [Game Ready](#) unit was developed by a NASA engineer and it's results are other worldly!

When I recieved the unit pain was high swelling was significant and my range of motion was limited. I had been using the RICE method but as you can imagine and as you have probably experienced the method is messy and hard to get fitted to your shoulder. The [Game Ready](#) unit came with a shoulder wrap that fits from neck to upper arm. That wrap is essentially a bladder that fills with water and air. Water is circulated through the bladder from a reseviour mix of water and ice. You can adjust the temperature of the water rolling through the wrap so you are not "shocked" with the temp straight ice gives you. The big advantage is that the form fitting wrap provides intermittent compression. Intermittent compression is far superior to static compression. The pressure can be adjusted for comfort, a major advantage, and it can be increased or decreased with a turn of a knob. The [Game Ready](#) unit also allows for independent control of both temp and compression as well as the duration of both.

My first thought was wow this is a great product. My second thought was wow I would have loved to have had access to this product when i played baseball. I remember all those days sitting in the training room with an ice bag, ace bandage holding the ice to my shoulder. How miserable it was to be in a training room that had large block ice cubes. They poke at you right on the area that hurts. The ice bag basically put the ice in direct contact with your skin, freezing the skin sore. As for compression as long as you didnt move, the ace bandage held. But once you jumped off the training table the heavy bag of ice made the ace bandage move, ice comes out....ahhhhhhhh Im trying to forget those days. [Game Ready](#) would have been a God Send and I bet the trainers and athletes lucky enough to use it have no idea what us old timers went through.

So since Ive used it Mike and I have talked about other uses including one that helps us bike racers. Mike uses the [Game Ready](#) unit and a thigh wrap to stimulate blood flow after hard workouts and rides. Sweet! Better than submersion treatment.

Lastly, the unit is clean convenient and portable. Its a great product that I hope you never have to use but if you do its the best. Check it out at www.gameready.com and ask your Doctor to prescribe it for you if you ever need it.

Thanks Robbie, Thanks Mike and Thanks [Game Ready](#) for getting me well [Game Ready](#)!!!!