

## Avoiding the Knife

### Game Ready Minimizes Pain & Swelling after Non-Surgical Regenerative Procedures

Shortly after moving to Southern California in 2006, Steven Sampson found himself as the patient, not the doctor, when he tore the medial collateral ligament (MCL) in his knee while learning how to surf.



As a board-certified osteopathic physical medicine and rehabilitation doctor at a sports medicine practice at the time, Dr. Sampson was focused on helping his patients heal naturally and avoid surgery with state-of-the-art procedures. Specifically, he was doing Platelet Rich Plasma (PRP)

injections, in which a component of a patient's blood called "growth factors" is injected into the injured area to stimulate and enhance healing. Since he was using this regenerative procedure on his patients, he thought, perhaps, he should try a dose of his own medicine.

His biggest concern, though, about getting the PRP injection was how to avoid taking pain medications to deal with the pain and swelling that often accompany the procedure. That's where the Game Ready® Injury Treatment System came into play.

Dr. Sampson was using the Game Ready System in his practice after knee arthroscopy and other procedures to help control pain, swelling and bruising. The Game Ready System uses NASA spacesuit technology, water, ice and air to deliver adjustable cold therapy and intermittent pneumatic compression to aid in recovery by minimizing pain and swelling while increasing blood flow and delivery of oxygen to an injured area, optimizing lymphatic drainage and stimulating tissue healing.

"We had been using the system on professional soccer players, and suddenly I found myself in their

shoes and decided to use Game Ready to avoid pain medications," Dr. Sampson said. The PRP treatment was successful in repairing his MCL, and he was able to recover without using pain medication.

Now at the Orthohealing Center, a comprehensive physical medicine and rehabilitation facility specializing in non-surgical orthopedics and sports medicine that he founded in 2008, Dr. Sampson is integrating the Game Ready System into the treatment regimen for every patient who receives PRP injections.

"We use Game Ready primarily in the office, immediately following the injection, to help minimize pain and swelling and help accelerate the healing process," said Dr. Sampson. Patients also have the option of taking a Game Ready System home with them for continued treatment. "When patients get these injections, they have different responses. Some have pain for a day, while others have pain that can persist for a week or more. By having a Game Ready System at home, they can continue to manage the

**Who:** Steven Sampson, DO  
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**What:** Dr. Sampson discovered that the Game Ready Injury Treatment System can be an important part of the healing process, offering patients a more comfortable recovery and eliminating the swelling and pain of their injuries and subsequent treatments.

**Why:** Dr. Sampson says Game Ready is a vital component of the care he provides because:

- Helps maintain patient comfort without the use of pain medication
- Minimizes swelling
- Accelerates healing

inflammation, reduce pain and accelerate the healing.”

Before introducing the Game Ready System into the regimen, Dr. Sampson would typically prescribe some type of narcotic to be used after the PRP injection, and recommend using an ice pack on the affected areas. But he realized that many patients who received PRP treatments were looking for an entirely natural treatment, including avoidance of all narcotics.

The Game Ready System and its ergonomic wraps have been used by Dr. Sampson virtually head to toe on patients receiving PRP treatments—from cervical spine, shoulders and elbows to hips, knees, ankles and feet.

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Dr. Sampson has expanded use of the Game Ready System to patients who receive other types of injections, such as draining of fluids and doing viscosupplementation for the knee.

“While we haven’t done a formal study at this point, we’ve seen patients that have a much smoother process, with less pain reported and an accelerated recovery process after using the Game Ready System,” he noted.

In at least one case, Dr. Sampson has treated an elite athlete with PRP who returned to playing form in a matter of days. “When we treat an athlete in season, we need to do everything we can to get them back into playing shape. This patient, in particular, was an NBA all-star player who tore his deltoid ligament and hamstring and didn’t have the luxury of time to heal,” he noted. “We did PRP with the supplement Traumeel®, followed by Game Ready and Class 4 laser treatment to accelerate healing, and he was back in the game after a five-day layoff.”

Based on the anecdotal evidence he’s seen with his PRP patients, Dr. Sampson believes that the Game Ready

System can play an important role in the natural healing process, making patients more comfortable and eliminating the swelling and pain of their injuries and subsequent treatments.

“We’re looking at a number of new treatments that have regenerative capabilities, and we already know that we will want to use Game Ready as part of the treatment protocol,” he concluded.

Dr. Sampson attributes the success of the Game Ready System for recovery from PRP injections to a number of factors:

- **Effective Combination of Intermittent Compression and Cold.** The Game Ready System incorporates intermittent pneumatic compression with cryotherapy to prevent swelling, increase blood flow, optimize lymphatic drainage and stimulate tissue healing.

- **Ergonomic Design Features.** Specially designed wraps deliver cold therapy to affected areas using pneumatic compression, providing better contact than ice packs or cooling pads alone. The form-fitting Game Ready wraps enable the cold to penetrate more deeply into the body, especially in large joints like the hip or shoulder.

- **Faster Recovery.** With the Game Ready System as part of their treatment regimen, Dr. Sampson’s patients have experienced a smoother, less painful recovery without the need for pain medication. Additionally, high-performance athletes report it helps them return to peak condition more quickly.

