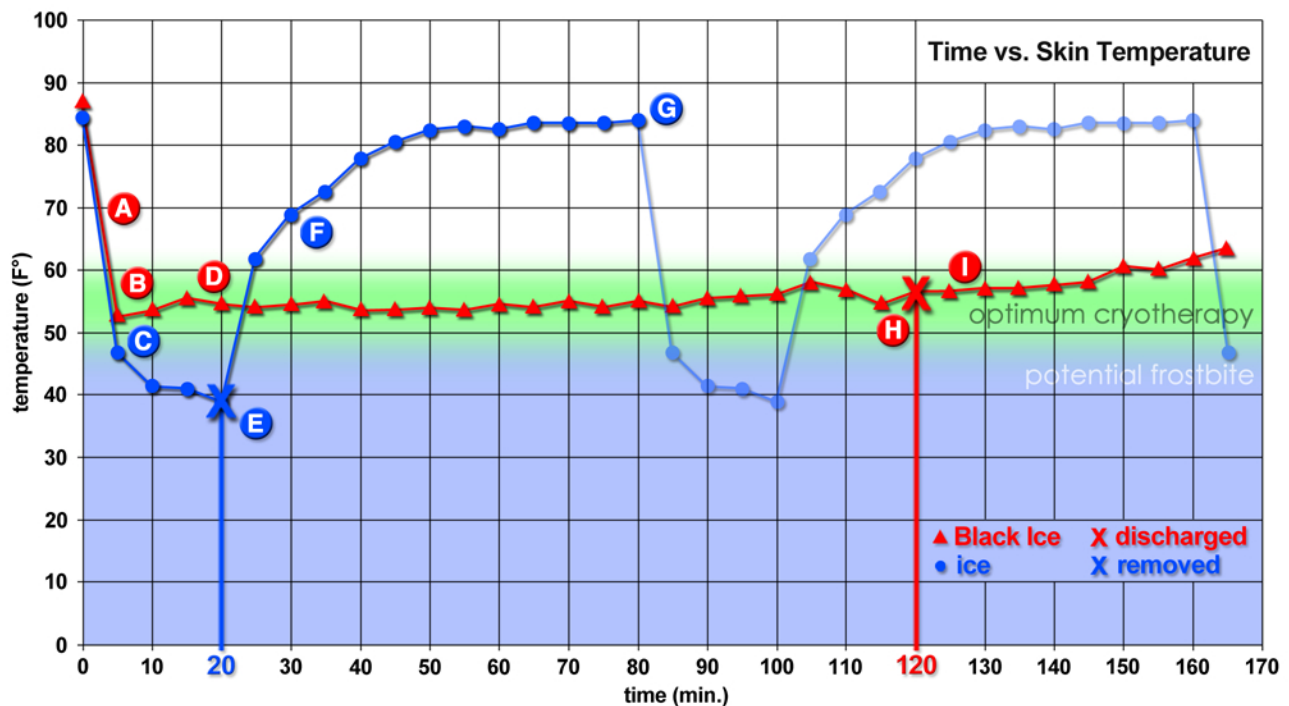


Optimum Cryotherapy Temperature Graph/ Black Ice vs. Ice



This graph compares the difference in skin temperature using Black Ice (red) and ice (blue). Used as directed, Black Ice holds skin temperature within the comfortable optimum cryotherapy temperature band while ice quickly drops skin temperature into the frostbite danger zone.

- A** Steep temperature drop indicates the rate at which cryotherapy lowers skin temperature. Black Ice works as quickly as ice.
- B** Black Ice output levels off at 52F°. Ice skin temperature continues to drop.
- C** Ice skin temperature quickly drops through the optimum cryotherapy range and into the temperature range that causes pain and, eventually, frostbite.
- D** Black Ice skin temperature has stabilized within the optimum cryotherapy band.
- E** Ice skin temperature continues to drop. Following standard RICE protocol (Rest, Ice, Compression, Elevation), ice removed at 20 minutes to prevent frostbite.
- F** Skin temperature rises sharply once ice is removed. This indicates little therapeutic penetration because it takes only a small volume of blood flow to re-warm tissue. Total time within the optimum therapy range: about 5 minutes.
- G** After a 1 hour rest (some doctors recommend up to a 2 hour rest), ice can usually be reapplied. If re-applied, original ice graph is repeated.
- H** Black Ice Cooling Packs have fully discharged and are removed.
- I** Skin temperature rises slowly, indicating that cooling has penetrated deeply into tissue. Black Ice can now be re-applied to continue therapy.

Black Ice

be cool. be very cool.

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