



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Conservative Treatment of Degenerative Joint Disease of the Knee using Cold Compression Therapy. Shelbourne KD, Stube KC, Patel DV: *Sports Exercise and Injury* 2:176-180, 1996

SUMMARY. Therapeutic options for the management of disabling degenerative joint disease (DJD) of the knee include pharmacological and non-pharmacological measures. An alternative treatment modality such as a cold compression (Cryo/Cuff TM; Aircast Inc., Summit, New Jersey, USA), therapy can be safely and effectively used to control pain, swelling and stiffness. We report the results of Cryo/Cuff therapy in 131 patients with DJD of the knees. Cryo/Cuff therapy provides subjective symptomatic relief, enables the patients to return to their desired level of activity and can delay a possible surgical intervention. We suggest Cryo/Cuff therapy as a first-line treatment alternative for active patients with symptomatic DJD of the knee because of its relative low cost and high compliance level.