



R.I.C.E (Rest, Ice, Compression, Elevation) is a common first aid treatment for acute injuries and may aid in quickening the recovery process by reducing excess heat and blood flow to the injured site.

CoolXChange advances R.I.C.E methodology by providing immediate and simultaneous cooling and compression therapy, to assist in reducing pain and inflammation, without requiring refrigeration or causing ice burns.

### INDEPENDENT UNIVERSITY STUDIES:

Victoria University conducted studies to compare the effects of CoolXChange to no intervention for recovery following exercise-induced muscle damage.

24 Participants performed a severe muscle damaging eccentric exercise with the knee extensors of their non-dominant leg. Following exercise, participants were allocated one of two treatments, applying CoolXChange (CCB) versus no intervention (CON). The following variables were measured: pre-exercise, then immediately, 1, 3, 7 and 14 days after exercise.

### KEY FINDINGS FROM THE STUDY:

- CoolXChange reduced skin temperature by an average of 18% after 2 hours.
- CoolXChange reduced deep muscle temperature (4cm below surface), by an average of 11% after 2 hours.
- CoolXChange participants had substantially lower levels of inflammation, 121% less versus participants with no intervention by Day 14.
- CoolXChange participants had a 47% better muscle recovery rate (measured via peak torque) versus participants with no intervention at Day 7.
- Participants who wore CoolXChange felt substantially less fatigued 3 days after exercise versus participants with no intervention.
- Participants felt more physically ready for exercise 1, 7 and 14 days after exercise, versus participants with no intervention.

