



# ICE-VIBE

CIRCULATION THERAPY

QUESTIONS AND ANSWERS

# ICE-VIBE QUESTIONS AND ANSWERS

## 1. WHAT ARE ICE-VIBE BOOTS?

Ice-vibe boots are a portable massage boots with hot/cold inserts to create warm or cold circulation treatments that can be used before or after exercise or during rehabilitation.

## 2. MY HORSE HAS NO PROBLEMS WHY DO I NEED ICE-VIBE BOOTS?

Tendons are much slower to heal than muscles due to their poor blood supply and slow metabolism. Tendon problems are often the result of a build-up of damage. By using the Ice-vibe boots regularly you can help stimulate blood flow to your horse's legs whilst they are standing in a stable.

## 3. HOW DO THE ICE-VIBE BOOTS INCREASE BLOOD FLOW?

The Ice-Vibe boots have small vibratory motors in them set at a low hertz that stimulate blood flow by creating a massaging effect.

## 4. HOW DO THE ICE-VIBE BOOTS REDUCE INFLAMMATION?

The Ice Vibe boots have cold packs in them that reduces blood flow slowing down inflammation whilst the movement created by the massaging effect similar to exercise can help to stimulate the lymph system to move out existing inflammation.

## 5. WHY USE ICE-VIBE BOOTS FOR RECOVERY INSTEAD OF JUST ICE?

Tendons do not return to previous temperatures as quickly as muscles when cooled as they don't have the same blood supply or metabolism therefore making the legs very cold for long periods of time may actually cause an inflammatory response.

The boots are designed to cool the tissue via the cold packs and slow down the blood flow to reduce inflammation but when combined with massage the blood flow is not completely restricted, this allows oxygen to be maintained to tired and damaged tissue allowing for a better recovery.

## 6. WHY DO THE MASSAGE PANELS WORK INTERMITTENTLY?

The vibrating motors are set to work intermittently so that when you are treating soreness the damaged tissue does not get overworked and tired.

## 7. HOW DO I KNOW BLOOD FLOW IS MAINTAINED DURING THE ICE-VIBE TREATMENT?

Using a thermal camera we compared the Ice-vibe boots to other cold therapies and found the leg does not on average get as cold and returns to its previous temperature faster.

## ICE-VIBE QUESTIONS AND ANSWERS

### 8. HOW DOES VIBRATION AND MASSAGE HELP REDUCE SCAR TISSUE AND IMPROVE HEALING?

When an area is healing scar tissue is formed, the movement created by the vibration and massage helps to break down adhesions and scar tissue whilst increasing blood flow to assist healing.

### 9. HOW DOES REDUCING INFLAMMATION HELP MY HORSE TO HEAL?

It is important not to completely remove inflammation as the body uses it as a marker to start the repair process reducing inflammation will assist circulation.

### 10. CAN I USE MY BOOTS MORE THAN ONCE A DAY?

Yes when using vibration with the cold packs you can use them 3 or 4 times a day when using them with out the cold packs vibration only we recommend using them no more than twice a day.

### 11. CAN I USE THE COLD PACKS AS WARM PACKS?

Yes you can put the cold packs in warm water not the microwave and apply them with the massage before exercise or on older horses that might have arthritis to assist to reduce stiffness. Do not let the packs get to hot as you could burn your horse.

### 12. CAN I USE THE BOOTS WITHOUT ANY PACKS?

Yes you can put them on before exercise with just the vibration to create a massaging effect to stimulate blood flow, when blood flow is increased tendons and ligaments become more elastic which can help to prevent damage.

### 13. WHEN DO I USE SETTING THREE?

Setting three is to be used just with cold packs on bigger boned horses setting two is the main setting before and after exercise.

### 14. DO I USE THE COLD PACKS FROM THE FRIDGE OR FREEZER?

It is important not to make horses legs too cold and compromise their already poor blood flow, so during the winter months or if horses are standing in there stable for long periods after the treatment use packs from the fridge, if the weather is warm or the packs have to travel in a cold bag store the packs in a freezer.

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### 15. IS IT OK TO PUT THEM ON MY HORSES LEGS OUT OF THE FREEZER?

If using from the freezer we advise to keep them in a plastic bag to prevent the frost getting on them and to leave them out of the freezer for five mins before use.

### 16. MY COLD PACKS FEEL LIKE ICE IS IT OK TO USE THEM?

Your cold packs should feel like snow or sand when frozen if they feel like ice or become punctured do not use them and contact your supplier

### 17. WHAT HAPPENS IF I LOOSE ONE OF MY BATTERIES?

All individual components of the Ice-vibe boots can be purchased separately, contact your local tack shop.

### 18. CAN I USE ICE-VIBE BOOTS ON A SPLINT?

Only when the splint has settled otherwise it may react the same way as a fracture and become inflamed.

### 19. HOW LONG DO I LEAVE THE BOOTS ON FOR?

There is a 10 min setting to introduce your horse to the boots the main setting is setting 2 which lasts for 20 mins.

### 20. WHY CAN'T I USE MY BOOTS ON AN INFECTION?

Due to the increase in blood supply when applying massage, infection has been seen to increase.

### 21. WHY CAN'T I USE MY BOOTS DURING THE FIRST SIX WEEKS AFTER A FRACTURE?

A fracture needs to mend during the first six weeks and movement and massage may irritate it causing swelling.

### 22. HOW LONG SHOULD I CHARGE MY BATTERY FOR?

A full charge takes 4 hours.



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