

# Cryo-compression Therapy Protocol (Hip)

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## **Postop Day 1 and 2:**

- Apply wrap immediately postop
- Low compression setting
- 30 min on, 30 min off
- Use throughout the day
- Use at night as needed

## **Postop Day 3-14 and onwards:**

- 30 min on, 30 min off
- Medium compression
- As cold as comfortable: Cold setting 34-50 degrees
- Use at minimum twice daily