

Knee Package

Discover the Healing Power of Your Knee Pain Relief via Knee on Trac and Game Ready Therapy Unit

About Us

At Capitol Spine & Rehabilitation and Disc Center of America – Baton Rouge, we are committed to utilizing advanced technologies like the Game Ready Therapy Unit to provide effective, non-surgical solutions for injury and post-operative recovery and innovative, non-invasive treatments to enhance your knee health and overall well-being via **Knee on Trac Therapy**, a specialized knee traction system designed to alleviate knee pain and improve joint function. Our goal is to enhance your healing process, alleviate discomfort, and improve your quality of life.





What is Knee on Trac Therapy?

Knee on Trac is a non-invasive therapy that gently separates the knee joint, creating a vacuum effect that promotes the influx of nutrient-rich fluids. This process helps reduce inflammation, decrease pain, and enhance the body's natural healing mechanisms.

Benefits of Knee on Trac Therapy:

- Pain Reduction:** By decreasing pressure within the knee joint, the therapy can alleviate discomfort associated with conditions such as osteoarthritis, meniscus tears, and chronic knee pain.
- Improved Joint Mobility:** The gentle traction helps increase the range of motion, facilitating better movement and flexibility.
- Enhanced Tissue Healing:** The therapy promotes the influx of nutrient-rich fluids into the knee joint, supporting the body's natural healing processes.

What is Game Ready Therapy Unit?

A leading system in active compression and cold therapy designed to accelerate recovery from injuries and surgeries. This device combines adjustable cold therapy with intermittent pneumatic compression to reduce swelling, alleviate pain, and enhance the body's natural healing processes.

Key Features of the Game Ready Therapy Unit:

- Dual-Action Therapy:** Simultaneously delivers cold and compression therapies, providing comprehensive treatment for various injuries and post-operative recovery.
- Portable and User-Friendly:** Designed for ease of use, allowing patients to manage their recovery at home or on the go.
- Customizable Settings:** Offers adjustable temperature and pressure controls to tailor the therapy to individual needs.

Combining Knee on Trac with Game Ready Therapy

Integrating **Knee on Trac Therapy** with the **Game Ready Therapy Unit** can provide a comprehensive approach to knee rehabilitation. While Knee on Trac focuses on joint separation and nutrient flow, the Game Ready system combines active compression with cold therapy to reduce pain and swelling, accelerate recovery, and enhance tissue healing.

Benefits of Combining Therapies:

- Accelerated Recovery:** The combination of joint separation and cold compression therapy can expedite the healing process, allowing for a quicker return to daily activities.
- Comprehensive Pain Management:** Addressing pain through both mechanical joint separation and cold compression provides a multifaceted approach to pain relief.
- Enhanced Mobility and Function:** Improving joint function through traction therapy, coupled with reduced swelling and pain from cold compression, can lead to better overall knee function.

Scientific Support for Knee Traction Therapies

Knee on Trac therapy is a non-invasive treatment designed to alleviate knee pain and improve joint function. Several studies have investigated the efficacy of knee joint traction therapy, providing insights into its benefits:

1. Case Study on Continuous Knee Joint Traction

A case study published in the *Journal of Physical Therapy Science* examined two patients with degenerative gonarthrosis who received continuous knee joint traction. The results indicated that mechanical joint traction increased joint space and cartilage thickness, decreased the area of lost brain areas, and improved overall function.

2. Effectiveness in Chronic Knee Pain

Research published in the *Journal of Physical Therapy Science* explored a novel knee traction technique for treating chronic knee pain. The study emphasized a stepwise approach, starting with conservative methods such as nonsteroidal anti-inflammatory drugs (NSAIDs), rest, ice, wearing knee support, physical therapy, and osteopathic manipulation. In some severe cases, surgery can also be considered to treat chronic knee pain.

3. Impact on Pain, Physical Function, and Depression

A study published in the *Journal of Korean Physical Therapy* investigated the effect of knee joint traction therapy on pain, physical function, and depression in patients with degenerative arthritis. The findings demonstrated that knee joint traction therapy was effective in improving these aspects, suggesting its potential as a therapeutic intervention for knee arthritis.

4. Comparison of Continuous and Intermittent Traction

Research published in the *Journal of Korean Physical Therapy* compared the effects of non-surgical continuous and intermittent knee joint traction in patients with knee osteoarthritis. The study found that both methods had positive effects, indicating that knee joint traction therapy can be beneficial for knee osteoarthritis patients.

These studies collectively support the efficacy of knee joint traction therapy in reducing pain, improving joint function, and enhancing the quality of life for individuals with knee conditions. While

specific research on the Knee on Trac device is limited, the general principles of knee joint traction therapy are well-supported in the medical literature.

Benefits of Game Ready Unit Supported by Medical Research:

- Pain and Swelling Reduction:** Studies have shown that combining cold therapy with compression can effectively decrease pain and swelling, leading to improved recovery outcomes.
- Enhanced Healing:** The Game Ready system's dual-action therapy has been associated with faster healing times and better functional recovery in various clinical settings.

Patient Testimonial

"After suffering from knee pain and swelling from an injury back in 2004, I have dealt with this daily and thought I would have to for the rest of my life. I have tried everything from chiropractic adjustments, therapy, massages, and was only able to get temporary relief. The Knee on Trac has changed my life. I no longer have any knee pain PERIOD. After using this equipment, I am doing things now that I haven't done in many years!" - Frederick V.

"After undergoing knee surgery, I used the Game Ready Therapy Unit as part of my recovery plan. The combination of cold and compression therapy significantly reduced my swelling and pain, allowing me to return to my daily activities much sooner than expected. I highly recommend this system to anyone looking to accelerate their recovery." - McArthur W.

At Capitol Spine & Rehabilitation and Disc Center of America - Baton Rouge, we are dedicated to utilizing advanced tools like the Knee on Trac device and the Game Ready Therapy Unit to provide effective, non-surgical solutions for knee pain. Our goal is to enhance your joint health, alleviate discomfort, and improve your quality of life.

Take the next step toward healing and recovery with Knee on Trac Treatment and the Game Ready Therapy Unit at our clinic.