

KEEP COOL saves time and recourses!

The KEEP COOL boots and cuffs by Mouny are the ideal tools to cool the horse's legs after the training and injuries. They are a great and more effective alternative compared to the usually practiced hosing down of the horses legs with cold water. Cooling with a hose not only takes time but also wastes water and not all horses tolerate to be hosed off.

Additionally you can use the boots and cuffs not only for cooling purposes but also for warm applications. The cool and warm gel packs within the boots and cuffs are suitable for temperatures between -18°C and $+80^{\circ}\text{C}$. In order to pre cool the pads they can be placed in the fridge or freezer and in order to heat them up they can be placed in the microwave with 200-300W for 1 minute.

The KEEP COOL boots and cuffs are not only for ambitious competition riders and professionals but also for recreational riders an absolute must-have.



Available are KEEP COOL boots and cuffs for cannon bone / fetlock, carpal joint, hock and as bell boots.



Effects of cold

A drop in temperature in the damaged tissue leads to a vasoconstriction and reduced blood flow. This decreases the release of inflammatory cells and fluids into the damaged tissue. Since less inflammatory cells and pain mediators are produced a wound edema stays smaller and an anti-inflammatory as well as pain relieving effect is achieved. This results in an improved mobility and a faster recovery to a normal mobility.

Contraindications

- Do not apply when there are local circulatory disorders
- Do not apply on open wounds
- Do not apply any cooling gels beneath the cool boots

Effects of heat

Longer acting heat is one of the oldest natural physical remedies and leads to a dilation of blood vessels. The improved blood circulation relieves pain and promotes healing. Clinical trials in humans have shown that passive heat therapy can be significantly supported by active movement therapy. A combination of therapies enables a treatment without medication resulting in a quick recovery.



Set of 2 cool boots

Sizes S, M, L or XL incl.
cool pads



Set of 2 cool cuffs hock

One size incl. cool pads



Set of 2 cool cuffs carpal joint

One size incl. cool pads



Individually or as a set of 2 cool bell boots

One size incl. cool pads

Recommendations for use

A sufficient duration of treatment must be applied so that the horse can benefit from this treatment. The usage of regulated cold increases the efficiency and safety of this treatment and avoids unnecessary risks.

- **In cases of recent injuries** they should be cooled several times per day for a duration of approximately 20 minutes. Shorter treatment durations or cooling with a hose does not achieve the positive effects or the necessary penetration which is desired from cryotherapy. Therefore it is advisable to use a regulated cooling in which the temperature is adjustable through the precooling of the cooling pads.
- **In cases of irritations** within the musculoskeletal system due to overtraining a cooling of approximately 20-30 minutes should be applied for regeneration purposes.

The understanding is that: increased cold supply (pre-cooling at -18°C) will usually lead to faster results. However, the application should not exceed 20 minutes within 2 hours because otherwise there is a risk of tissue damage.