

# T/Pump® Localized Temperature Therapy System Clinical Use Guide



**C2Dx®**

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## Integrating safe and effective localized temperature therapy in the clinical setting

T/Pump® Localized Temperature Therapy System allows clinicians to control and adjust both heat and/or cooling therapy according to the patient's needs for localized pain relief and enhanced comfort. With T/Pump®, clinicians can help relieve chronic pain for everything from arthritis to pulled muscles to inflammation. An injury or condition that would normally be treated with an ice pack or heating pads, can be an effective use case for T/Pump®.

### Consistent and controlled temperature settings ranging from 50° F – 107° F (10° C – 42° C)

Having a dedicated and localized temperature therapy device on hand for patient treatments and pain management avoids the mess of ice packs or the need for a separate heating device.

#### Benefits of Using T/Pump®:

- Two therapies in one unit - hot or cold
- Provides consistent temperature throughout therapy vs. ice gradually melting or heat gradually cooling
- Customized temperature for personalized care
- Greater efficiency with controlled treatment duration
- Convenience and portability
- Anytime use - ready to go versus replacing packs
- Less mess than ice
- Three-layer safety system
- Audible and visible alarms to alert to low water, flow restriction, or internal issues

T/Pump® is easy to operate and safe for patients to continue using in the home setting to aid in extended pain relief and comfort.



Heat therapy helps improve circulation and blood flow to the treatment area. Increasing the temperature of the afflicted area can soothe discomfort and increase muscle flexibility. <sup>1</sup>



## Heat Therapy Indications for Use:

- Tight or sore muscles
- Stiffness and pain associated with arthritis
- Tendinopathy or tendinosis
- Chronic pain
- Muscle spasms
- Lower back pain and stiffness
- Reduce sciatica pain
- Postoperative passive warming technique
- Treat small areas
- Ease widespread pain
- Relieve stiffness
- Following an acute injury once swelling has subsided

Heat therapy should be avoided to areas with an open wound or an area with bruises or swelling. To see the full list of contraindications for heat therapy usage, view page nine of our [T/Pump® Operations Manual](#).



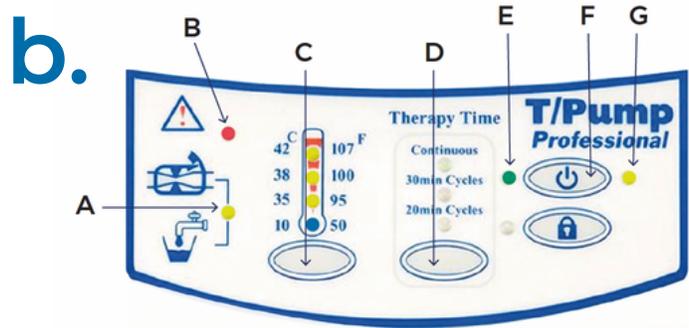
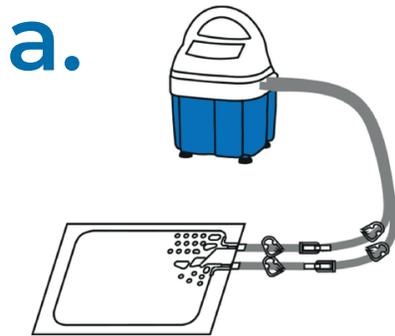
Cold therapy can be used to reduce blood flow to a particular area, which can reduce inflammation, especially around a joint or a tendon. Cold therapy is an effective way to temporarily reduce nerve activity to aid in pain reduction or as a front-line approach to reducing fluid build-up or swelling. <sup>1</sup>

## Cold Therapy Indications for Use:

- Numb the skin
- Decrease pain, swelling, or inflammation
- Muscle spasms
- Runner's knee
- Tendonitis
- Sprains
- Lower back pain
- Arthritis pain
- Pain or swelling after a hip or knee replacement
- Pain or swelling under a cast or a splint
- Reduce blood flow by constricting, or closing, blood vessels or edema
- Ease pain caused within the first 72 hours of any acute injury, such as an ankle sprain or muscle strain

To see the full list of contraindications for cold therapy usage, view page nine of our [T/Pump® Operations Manual](#).

# T/Pump® Instructions for Use C2Dx®



1. Attach pad(s) to the permanently connected T/Pump® hose. See Figure (a)
2. Turn on the unit: Press the On/Standby button. The Green Light indicates that the unit is ON. The Yellow Light indicates that the machine has power and is in Standby mode. See Figure (b)
3. Set therapy time: Toggle button to prescribed therapy timing. Treatment duration can be controlled with your choice of treatment cycles of 20 minutes, 30 minutes, or continuous use. \*Ensure you are checking the patient's skin condition every 20 minutes.
4. Set Temperature: Toggle the Temperature button to the prescribed temperature setting. Light will flash until the unit reaches temperature. The treatment timer clock starts once the unit has reached the desired set temperature.
5. Turn Off when therapy is complete by pressing the On/Standby button. The Yellow Light will remain on as long as the unit is plugged in and indicates that the unit is in standby mode.
6. Allow the water to drain back into the unit for a few moments, then disconnect the pad(s) from the hose.

# About C2Dx<sup>®</sup>

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C2Dx is a medical device company based in Kalamazoo, Michigan, that invests in and refines the delivery of valuable, niche products to propel their growth and accessibility worldwide. Founded in early 2019 by industry experts, C2Dx is committed to providing leading medical products and superior customer service while continually evolving to ensure that healthcare providers have the devices and technology they need.

Learn more about the T/Pump Localized Temperature Therapy System from C2Dx:



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[www.c2dx.com](http://www.c2dx.com)

## Sources

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1 Gotter A. Treating Pain with Heat and Cold. Healthline. <https://www.healthline.com/health/chronic-pain/treating-pain-with-heat-and-cold>. Published March 8, 2019. Accessed June 15, 2022.