

## Mountain Ice Data

Case #1: 95 year old woman. History of HTN, cerebral infarct, osteoporosis, PVD, dementia and femur fracture R LE 2017 and history of knee pain.

6/6/2019 – Hydrocodone 5mg with acetaminophen 325mg changed from routine to PRN BID

6/27 – Started use of Mountain ice on bil knees, hips and back (3-4x/day)

|  | June  | July | August |
|--|---|------|--------|
| Narco use (total per month)                            | 28  | 21   | 1      |
| Additional Acetaminophen (500mg) use (total per month) | 1   | 1    | 4      |
|  | Changed narco to BID<br>6/6/2019<br>Started mountain ice<br>TID 6/27/2019 |      |        |

### Results/Analysis:

- In a 3-month period, after only using Mountain Ice for ~1.5-2 months, reduction of narcotic usage from almost daily down to once a month.
- Subjective results: Per nursing documentation, minimal reports of discomfort when ambulating (daily occurrence of "ouch this hurts my knees" when ambulating to reports of pain approximately 1x/week)