Cryotherapy for Sports & Injury Recovery

Sports recovery isn’t new. People have always found ways of allowing their bodies to recover after taking to the field or after engaging in grueling exercises. What has changed is the professionalism of sport and the techniques used in recovery.

Cryotherapy at its most basic works on the same principle as an icepack on a sore knee. Just like the icepack helps relieve the pain on a bump, cryotherapy is used to relieve symptoms in people suffering from muscular and joint pains resulting from intense activity or injury.

Benefits of Cryotherapy - for sports and injury recovery include the following:

• Decreases injury recovery time by an estimated 50%
• Significantly improves psychological competitive edge
• Reduces delayed onset muscle soreness (DOMS)
• Greatly improves muscle strength
• Increases on-the-field performance
• Allows you to intensify training schedules because of reduced recovery time
• Improves joint function while inhibiting inflammation

The therapy helps your body recover from intense exercises by flushing your muscles and delivering nutrients and oxygen to them. Whole Body Cryotherapy (WBC) improves muscular resistance to fatigue and increases muscles’ capacity to regenerate which has been proved to enhance muscle performance.

Cryotherapy has successfully been used across Europe and the U.S.A. to ease depression signs. The process is believed to trigger the release of endorphins and adrenaline into your blood stream. Release of endorphins has always been associated with decreased stress and low levels of both irritability and anxiety. Endorphins increase energy levels and will leave you euphoric for up to 8 hours. These “euphoric” endorphins normally increase quality of sleep.

As competitiveness and training sessions in sports become increasingly intense, we need to work even harder to keep our athletes healthy. Cryotherapy currently provides the best alternative for sports and injury recovery.
How Can Cryotherapy Help with Your Fibromyalgia?

If you are one of the more than 12 million Americans who have fibromyalgia, you understand how the widespread pain, fatigue, depression, headaches, and general “fibro fog” can make everyday feel like an uphill battle.

While there is no cure for fibromyalgia, there is good news for those who endure the chronic pain associated with fibromyalgia, as well as the pain and inflammation associated with arthritis, and other autoimmune diseases. Our cryosauna procedure may help reduce pain and inflammation by using the latest advances in physics and physiology that have been shown reduce swelling and promote healing, by providing a non-invasive environment to achieve whole body exposure to subzero temperatures.

Benefits:

- Boost in metabolism
- Reduction in joint pain
- Improved mood
- Increased immunity
- Better sleep
- Improved circulation
- Weight loss.

How Can Cryotherapy Help with Your Arthritis?

Do you suffer from the aches and pains that come along with arthritis? Pain is often constant and may be localized to the joint affected. The pain from arthritis is due to inflammation that occurs around the joint, damage to the joint from disease, daily wear and tear of joint, muscle strains caused by forceful movements against stiff painful joints and fatigue. Whole body cryotherapy has been found to be a very beneficial treatment for the aches and pain associated with arthritic joints. After just a few 3-minute cryotherapy sessions, your body can experience measurable changes that can help relieve this pain!

Cryotherapy helps to relieve pain from the different types of arthritis by:

- Improving your immune system
- Reducing pain and inflammation from arthritic joints
- Increasing general mobility and joint function
- Releasing endorphins that increase your energy and mood
Psoriasis Treatment with Cryotherapy

Whole body cryotherapy is a treatment program that’s typically associated with sports injuries, but the same process has also provided people who suffer from psoriasis with a great deal of relief. It’s important to understand that when it comes to the uncomfortable skin condition, cryotherapy won’t cure patients, but it does provide psoriasis relief and is a great deal safer than prescription steroids.

How Whole Body Cryotherapy Works to Help with Psoriasis

Anyone who has ever used an ice pack to help them gain some psoriasis relief will find whole body cryotherapy very familiar. When a patient opts for this form of psoriasis relief, they’ll step into a large chamber where liquid nitrogen is used to cool the skin. Even though the treatment only lasts for a few minutes, it’s enough to slow the speed that skin cells grow, halting the spread of psoriasis. After the treatment, the human body automatically checks itself trying in an attempt to regain normalcy. This “rebooting process” encourages the growth of healthy skin cells and slows psoriasis. Regular whole body cryotherapy treatments help restore the body’s autoimmune system to normal, and eventually psoriasis outbreaks are a rare thing.

Whole body cryotherapy is very safe. Patients won’t have to worry about dealing with side effects, allowing them to relax and enjoy extended periods of freedom from the itchy, red skin that bothered them prior to the treatment. Another advantage is that whole body cryotherapy can be used to treat psoriasis outbreaks on the face and throat areas where prescription steroid creams can’t be used.

Treat Skin Conditions with Cryotherapy

Whole body cryotherapy uses liquid nitrogen to quickly cool the skin to help treat a variety of skin conditions including Warts, Pappillomas, Hypertrophic Scars & Acne. Cyrotherapy is a much preferred alternative to surgical excision of skin lesions for many skin conditions for the following reasons:

- Produces minimal pain
- Results in little to no scar formation
- Takes much less time
- Avoids the use of injections and needles
- Multiple skin conditions can be treated during one session

It has been found that low temperatures have a positive affect on the skin, and overall body condition as a whole. After just a few 3-minute cryotherapy sessions, you will notice that your skin will feel completely rejuvenated. Cryotherapy actively improves your skin, gets rid of acne, relieves stress and helps to reduce chronic pain. Due to the controlled low humidity, patients experience a pleasant cooling sensation, and they don’t feel the bone-chilling temperatures. After a cryotherapy treatment, the skin is not only refreshed and tightened, but also rejuvenated and more elastic because of collagen stimulation.