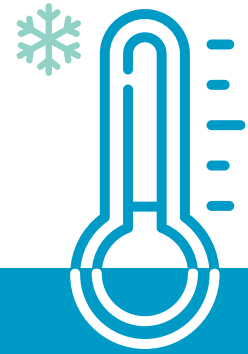


cryotherapy
by theact



What is cryotherapy?

Whole Body Cryotherapy (WBC) is a treatment using extreme cold temperature.



Why use cryotherapy?

The WBC uses extreme temperature (-85°C minimum) to create an anti-inflammatory and pain-killer effect on the whole body. It is used in different circumstances:



Sports

- Preparation and recovery pre/post season
- Post trauma/injury
- Increase in performance



Wellness / aesthetics

- Tiredness / Anxiety / Stress / Depression
- Sleep
- Migraine
- Jet Lag
- Slimming / Weight Loss
- Skin tightening
- Anti-cellulite



Medical

- Rheumatology (*Rheumatoid illnesses, Fibromyalgia, Muscular pain, Arthritis*)
- Trauma (*Injuries, Bruises, Sprains, Tendinopathies, Post-Op*)
- Neurology (*Spasticity, Head-Aches and Migraines, Sleep*)
- Dermatology (*Psoriasis, Eczema, Neurodermitis*)

How is cryotherapy delivered?

A typical consultation is 30 minutes long, with a session of 3-5 minutes at -85°C minimum in the chamber. The protocol is adaptable to the patient depending on the outcome required and potential pathology.

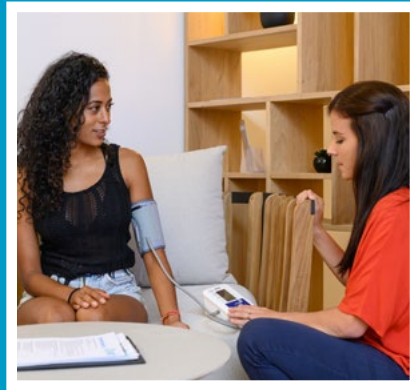
Certain precautionary measures need to be respected before every session:

- NO sporting activities 30 minutes prior to a session.
- NO shower or bath 30 minutes prior to a session.
- NO body lotion/cream/oil on the skin before a session.
- NO visible metal objects (jewelry/piercings)
- Wipe off any traces of sweat.



WHAT is the correct conduct after a treatment of *cryotherapy*?

- NO Sports 4-6hrs post treatment.
- NO Shower or bath 30 minutes post treatment.
- NO Sunbathing 4-6hrs post treatment.



Is *cryotherapy* for everyone?

In some cases, patients won't be able to have a treatment of *cryotherapy* without the written consent of their Doctor:

- Cardiac/Valvular arrhythmia
- Valvular deficiency
- Valvular narrowing
- Ischemic Heart Disease
- Stage 1 or 2 Arteriopathies
- Reynaud's syndrome
- Polyneuropathy
- Known Pregnancy (>4mths)
- Claustrophobia

Total Contra-Indications:

- Myocardial Infarctus (<6mths)
- Angina
- Severe Arteriopathy (Grade 3 or 4)
- Severe Respiratory Infections/ COPD
- Severe Anaemia
- Cryoglobulinemia
- Deep set infections
- High Blood Pressure – Not medicated
- Circulation failure
- Pacemaker
- Deep Vein Thrombosis
- Renal Colic
- Allergy to the cold
- Severe Skin Infections (Bacterial or Viral)
- Prolonged use of Alcohol or Drugs

