



CET Cryo Spas

Four Basic Factors

CET Cryotherapy relies on four basic factors to achieve a therapeutic effect, namely **Turbulence, Temperature, Pressure and Salinity.**

Turbulence

Aeration of the water has a two fold effect. When the body loses heat through convection as well as conduction the temperature drop will be much greater and be achieved much faster. Wind chill is a good example.

Secondly, the massage effect influences dispersal of fluids and can also stimulate the muscle which is particularly beneficial for certain conditions such as quadriceps contusion.

Temperature

The application of cold decreases pain and muscle spasm and, also, reduces tissue metabolism, blood flow (initially), inflammation, edema, and connective tissue extensibility.

Low temperature (1 C to 14 C) hydrotherapy is a relatively new concept in therapeutic modalities and can provide significant pain relief with a low side-effect profile.

Pressure

The greater the depth of the water the greater is the physical pressure exerted on the tissues which, again, aids in the dispersal of accumulated fluids.

Salinity

The salinity of water has an impact on the healing process. Higher concentrations of salt have a greater drawing effect thereby influencing the dispersal of fluids accumulated around the injury.

Additionally, salt has a positive effect in helping to cleanse cuts and wounds by aiding in the control of infection.

References:

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