



## CET Cryo Spas

# Introduction

All those involved in sport whether as coaches, participants or members of the medical team know the increasing demand of 21st century sport requires ever more sophisticated approaches to enable participants to successfully compete at current levels.

Professional training and coaching must be backed up with the correct facilities to enable optimum recovery strategies to be performed. And when an injury occurs, the recovery time must be minimised using the best of currently available techniques.

Although the principles of Cryotherapy have been known for centuries it is still one of the most favoured modern day options due to its low side effect profile.

### History of Cryotherapy

The use of cold therapy (cryotherapy) dates back to the Ancient Greeks. Hippocrates, Aristotle and Galen all mention the use of cold treatments for acute injury. Cold drinks and baths and natural ice and snow were used as the first forms of cold therapy before the introduction of artificial ice in 1755.

Since the 1940's, cold has been used extensively for the treatment of acute and sub-acute injuries and for rehabilitation.

### Therapeutic Modalities

The body loses heat through radiation, conduction, convection and evaporation. Today, cryotherapy techniques mostly use conduction and convection as a means of cooling injured tissues.

Intramuscular temperatures can be reduced significantly, which aids in the reduction of local metabolism, inflammation and pain. The cost, sophistication and availability of superficial cold modalities vary enormously including ice, cold packs, compression devices, sprays etc.

### Preventative Modality

Cryotherapy has, also, gained a place in many sports as a standard workout recovery protocol. In particular, ice baths and plunge pools (hot as well as cold) have been commonly used as a recovery strategy and to help prevent post-exercise complications.

### CET Cryotherapy

The CET Cryotherapy Spa has the optimum combination of turbulence, thermostatically controlled temperature (from 1C to 14C), salinity and pressure (due to depth of water). It not only provides a highly effective modality at an affordable cost, but, also, offers a number of distinct advantages when compared to alternative modalities.

For example, the ability to combine low temperature therapy with non-weight or weight bearing exercise is a standard design feature giving an advantage over ice packs or wraps.

Again, the use of salt water provides additional therapeutic benefits when compared to ice baths.