

How can CRYOTHERAPY help you?

Cryotherapy is the use of extreme cold for medical treatments. It can be helpful for many ailments from chronic pain, to a newly sustained bruise. Try these helpful tips and tricks to take care of your aches and pains!

Below are some examples of cryotherapy that you can try. Cryotherapy can be a great way to control pain in joints all over the body. Useful at home and while on break!

CRYOTHERAPY TREATMENT:

Apply for 10 minutes on the injured area and 10 minutes off repeating 2 times. If you notice any symptoms such as dizziness, shortness of breath, or a rash while using, please stop. It is normal to notice discomfort/burning at the start of treatment.

- Using a gel ice pack, or an unopened bag of frozen vegetables such as peas, is a convenient way to ice at home.
- Wrap the ice pack in a pillowcase if it does not already have a layer of fabric over it. This protects your skin and keeps the ice pack clean.
- During the first few minutes of icing, you may feel an uncomfortable feeling of cold, followed by a stinging or burning sensation.

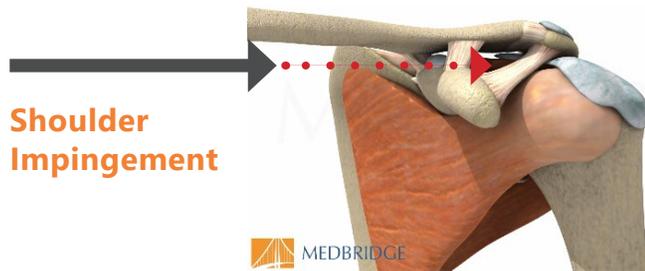
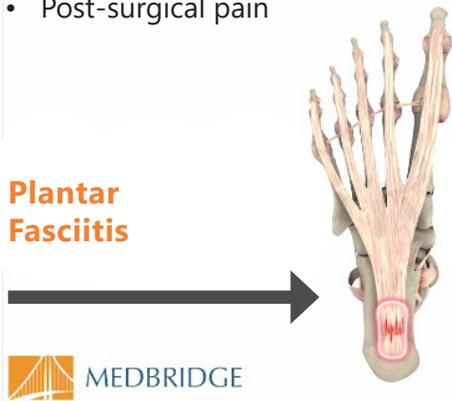


CRYOTHERAPY

- Cold is used to reduce the recovery time as part of the rehabilitation program after acute and chronic injuries.
- Cryotherapy has also been shown to reduce pain effectively in the post-operative period after reconstructive surgery of the joints.
(Swenson, C., Swärd, L. and Karlsson, J. (1996), Cryotherapy in sports medicine. Scandinavian Journal of Medicine & Science in Sports, 6: 193-200. doi:10.1111/j.1600-0838.1996.tb00090.x)
- Cryotherapy has been demonstrated to be a preventative strategy against the deleterious effects of exercise-induced inflammation and soreness.
(Lombardi, Giovanni et al. "Whole-Body Cryotherapy in Athletes: From Therapy to Stimulation. An Updated Review of the Literature." Frontiers in physiology vol. 8 258. 2 May. 2017, doi:10.3389/fphys.2017.00258)

Common injuries can include:

- Tennis elbow
- Shoulder impingement
- Plantar fasciitis
- Chronic swelling
- Post-surgical pain



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