

What is it ?

CRYOTHERAPY is the application of cold for therapeutic purposes.

The effects of cryotherapy

- **Anti-inflammatory** effect (decreases the temperature)
- **Analgesic** effect (painkiller)
- Decreases the **oxygen consumption** of the muscle
- Leads to a **reduction in local oedema**



Cryotherapy and recovery

In sports, intense exercise induces **muscular micro-tears** that will disrupt the process of recovery on the short term. Cryotherapy practiced after a physical effort will make it possible **to reduce inflammation and improve muscle recovery.**