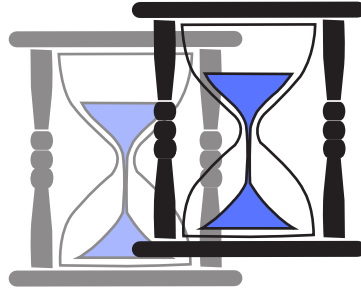


What is your **Cryotherapy I.Q.?**

48 hours

the time frame cryotherapy is most effective. Its effectiveness diminishes significantly afterward



Source: orthopedics.about.com

Patient healing time with ankle sprain

7.3 with ice
days

10.2 without ice
days

Source: chkdsportsmed.com

Ice is one part of the commonly recommended **R.I.C.E. Therapy**

- ◆ Rest
- ◆ Compression
- ◆ Ice
- ◆ Elevation



Source: firstaidzone.com

Icing for longer than

twenty minutes

can cause further tissue damage including frostbite



Source: firstaidzone.com

73%

of consultants most often advocate the use of ice

Source: orthopedics.about.com



Cryotherapy has been proven to improve peak levels of performance and reduce post workout recovery time

Source: Institute of Health Promotion

cry·o·ther·a·py
[krahy-oh-ther-uh-pee]

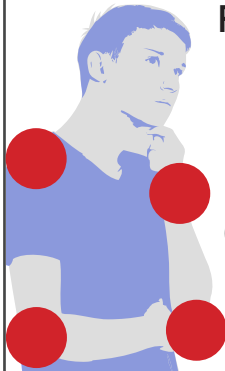
noun

1. the use of extreme cold in surgery or other medical treatment.



Source: dictionary.com

Cryotherapy treats growing numbers of Repetitive Strain Injuries



Source: www.saveyourself.ca

Carpal Tunnel Syndrome

Tendonitis

Trigger Finger

Cubital Tunnel Syndrome

Shin Splints

Plantar Fasciitis

Ice massage may be incorporated into treatments.

Apply stroking movements with an **ice pack** to bring an increased supply of blood and nutrients to the area and increase rate of **healing**.

Source: www.brianmac.co.uk



Executive:
101 Federal Street
29th Floor
Boston, MA 02110
P 857-317-3354
F 857-317-3355

Sales:
4435 Main Street
Suite 820
Kansas City, MO 64111
TF 877-853-5518
P 816-581-7001
F 816-581-7005

Manufacturing:
1300 Lundberg Drive West
Spirit Lake, IA 51360
P 712-336-4395
F 712-336-2874

www.brownmed.com