

## Cryotherapy



### CRYOTHERAPY

Cryotherapy is the local or general use of low temperatures in medical therapy. Cryotherapy is used to treat a variety of benign and malignant tissue damage, medically called lesions. The term "cryotherapy" comes from the Greek cryo (κρύο) meaning cold, and therapy (θεραπεία) meaning cur. Cryotherapy has been used since seventeenth century.

In 1993, Christian Cluzeau developed the hyperbaric gaseous cryotherapy also called NeuroCryoStimulation or NCS that can immediately relieve pain by acting on four physiological effects:

1. Painkiller
2. Vasomotor
3. Anti-inflammatory
4. Muscle relaxation

HVM - an Italian company with headquarters in the city of Livorno, within more than 20 years develops and manufactures a wide range of [cryogenic Dewar](#) vessels and CCG with different operating pressure, different systems of drainage of gases and liquids, vertical and horizontal palletized management, etc. WestMedGroup is the official supplier of HVM cryogenic vessels and CCG to the Russian and abroad medical market.

One should distinguish between general and local cryotherapy - those, despite the similarity of physical action, give radically different results.

Cryotherapy has an effect on the patient, which is different from hypothermic procedures, including winter swimming. The procedure does not have a high stressor action and does not cause a high adrenaline, increasing blood pressure and heart rate. This procedure you can take without special training, age restrictions and even a tendency to colds. For this you may be in need of CCG.

Cryotherapy has developed as a treatment for rheumatoid arthritis and is a method of rehabilitation treatment of severe diseases. Today it is an experimental treatment for endocrine, metabolic, autoimmune, nervous and so on diseases. It is used in areas such as disease prevention, general health, sports medicine and rehabilitation after injuries, cosmetology and rejuvenation.

Cryotherapy distinguished by:

- \* body surface area, which is cooled (part of the body - the local cryotherapy, the whole body - cryotherapy, separately stands the cryotherapy of scalp);
- \* The source of the cold and, accordingly, a substance through which skin cools: ice water (0 ° C), small cryobags or CCG (+ 5 ° ... -10 ° C), cold mud applications, blockade "carbonic snow"; electrical thermocouples (+ 5 ° C ... - 20 ° C), tampons soaked in nitrogen and nitrogen-air mixture (-120 ° C ... - 180 ° C), the flow of cooled air (aerocryotherapy) ( ... -20 ° C - 180 ° C);
- \* Flow dynamics (cryotherapy using laminar flow and turbulent flow)

Cryotherapy: a patient coming in a special room filled with chilled gas.

Contraindications for the cryotherapy are the same as for other physical therapy. In addition, it is not given to pregnant women (in the later stages), and children under 5 years old and children up to 7 years with low birth weight.