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Cryo-therapy: Cold that cures

“Creator” Co Ltd – in operation for over 40 years, with headquarters in Poland and branch in the UK (Southend on Sea). We specialize in medical, rehabilitation and preventive care, using advanced state of the art technologies. The manufacturers of patented cryo-chambers for systemic cryo-therapy and applicators for topical cryo-therapy.

“**Cryo-therapy** is a treatment of applying temperatures of below -100o C to the body surface for 2-3 minutes in order to activate and make use of the body’s physiological reaction to cold”

Recommendations: At present topical and systemic cryo-therapy is most frequently applied in:

- Locomotor diseases of various etiology,
- Diseases of the centrifugal and peripheral nervous system,
- Mental health – neurosis and depression syndromes,
- Sports medicine,
- Biological renewal

Cryotherapy and sport injuries: supports biological renewal treatments (bio-stimulating effect), supports training which develops stamina, speed and strength by:

- Accelerating after training restitution, preventing (prophylaxis) of musculoskeletal overload syndrome of the locomotor system

It supports the treatment of acute injuries to soft tissues, bones and joints (bruises, sprains, hematoma),

It supports the treatment of the overload syndromes: muscles, muscle attachments, joints and spine,

It supports the treatment of the overtraining syndrome.

Summary: Cryo-therapy has the following functions:

- Pain-relieving, mood improving, inducing euphoria, anti-swelling,
- It improves tissue nourishment and oxidation,
- It accelerates wound and injury healing,
- Reduces increased muscle tension,
- Increases muscle strength,
- Increases immunity,
- Decreases oxidative stress while retarding the aging process.

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