

Medical News

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Cryotherapy for Inflammation and Pain

By Lauren Del Sarto



Due to significant progress made, Helen Davis will return home to Alabama and drive 5 hours for monthly maintenance treatments of Cryotherapy

Helen Davis has suffered with arthritis for 20 years. She is on two different medications for two types of arthritis, yet has seen the condition progress. This past January, she had an arthritic flare up that left her totally helpless. Her family feared for her life.

"I have always been healthy and active," she proudly says. "I could have delivered all my babies myself (including my twins!), but I never thought something could leave me as helpless as a baby." She slowly got back to the walking exercise she loves. But then swelling in her knees



Prior to treatment, arthritis kept Davis from being able to make a fist

kept her from even doing that. Just prior to her trip to the Desert to see her daughter's family, she visited her rheumatologist in Alabama. "She couldn't even get my pant leg over my knee and told me that when I returned, she would adjust my medications."

Her son-in-law had not seen Helen in almost a year. She arrived from the airport embarrassed about her condition. Upon seeing her, he knew she needed Cryotherapy. Their daughter, a competitive volleyball player and client of Kinetix Health & Performance Center seriously injured her ankle and was scheduled for surgery. The surgery was postponed and Kinetix owner Mike Butler recommended Cryo. After four treatments, her ankle was well on its way to recovery. Upon re-examination, the stunned surgeon encouraged her to keep doing what she was doing. Her recovery time will continue for a few more weeks versus the months planned for post-op.



Treatments include up to three minutes in the Cryotherapy cylinder

They were convinced that Helen could benefit from the treatment as well. As arthritis inhibits your body's ability to heal, Helen also had a skin condition on her finger that had been there for years. After two Cryo treatments, it was gone and she could bend her fingers. After 5 treatments, she could bend her knee and was walking without pain.

"I am walking proof of the benefits of this therapy and will be singing its praises all the way back to

Alabama," says Helen. "I am so grateful to have found something that works." Butler recommended 1-2 monthly maintenance treatments for Helen, who had already researched the closest location to her home and will be traveling 5 hours to Tallahassee as needed. "I can't wait to show my doctor my skin, my hands. She won't believe this knee!"



POLAR CRYOTHERAPY



"In addition to the reduction of inflammation and pain, we've noticed a big difference with sclerosis and eczema," says Susan Butler. "Within a few sessions it is gone."

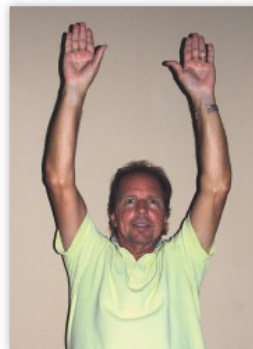
As a therapy for ankylosing spondylitis and other chronic inflammatory conditions including osteoarthritis and rheumatoid arthritis, Cryotherapy has been successfully used in European hospitals for years. The theory is that intense cold stimulates the body's natural anti-inflammatory chemicals and pain-relieving hormones. After just a few minutes in the chamber, the temperature causes blood to pump to your main organs and brain to protect them. When you come out, blood is rushed back into the system greatly benefiting damaged areas. Your endocrine system is also stimulated and releases a whole host of chemicals including anti-inflammatory markers, pain-relieving hormones, feel-good endorphins, and adrenaline to help the body in repairing injury.¹

The chamber can reach -170 Celsius and treatments are 2-3 minutes. "My husband offered to prepare an ice bath for me," Helen says with a smile. "I told him 'no thank you.' I'll drive 5 hours for the real thing."



Shoulder impingements limited Tom's range of motion

Tom D. of La Quinta is an avid golfer whose game was only disturbed by severe pain from shoulder impingements which limited his range of motion. For this condition, the Butlers recommended Active Release Therapy (ART) to break up the tissue coupled with Cryo. After his second treatment, his range of motion had improved and the pain went from



After three treatments, range of motion improved and Tom was playing pain-free golf

sharp to dull. The third treatment was combined with ART and Tom went out and played his first pain-free round in years. Also surprising were the many ancillary benefits he experienced including better sleep, more energy, improved posture, and "overall pain-free mornings." Two weeks later he is still playing golf pain-free and with an improved range of motion.

"You live with pain for so long, and are amazed when you find something that works with lasting results. I look forward to my maintenance program – and to many more pain-free rounds."

One Response to "Cryotherapy for Inflammation and Pain"

Lauren Del Sarto

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July 22, 2013 at 8:03 am

Update from Tom of La Quinta: He went out and played 63 holes over the weekend with no pain whatsoever...something he would have never been able to do before Cryo. He has sent 4 friends to get therapy including two who cannot believe the difference in his swing and his golf game.

"Thank you Susan & Mike of Kinetix!" – Tom

Cryotherapy: A New Meaning to “Icing Your Injuries”

Michael K. Butler



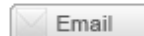
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Cryotherapy significantly lowers skin temperature for a brief period of 2.5 – 3 minutes.

There is a new therapeutic trend growing nationally, which could become very popular for the Desert's summer residents. It involves whole body 'chilling' to relieve achy joints and bones. It's called Whole Body Cryotherapy and it is as popular in Europe as massage is in the US.

The science behind cryotherapy is that it significantly lowers skin temperature for a brief period of 2.5-3 minutes. The dramatic cooling effect activates the immune system, prompting each organ in the body to heal and repair itself. The results can increase circulation, metabolism, detoxification, tissue repair and immune function. During cryotherapy, the skin's sensors send a distress signal to the brain which then draws blood to the body's core. The blood picks up oxygen nutrients and enzymes needed to survive. When the session ends, the body sends this

oxygen-rich blood out to fatigued muscles.

Whole body cryotherapy was first developed by scientists and physicians in Japan in 1978. Throughout the decades, numerous institutional studies have been performed proving the therapy to be both safe and very effective. Professional sports teams like the world champion Dallas Mavericks keep a cryochamber on hand for athletes. They found that their athletes' recovery time from grueling games improved dramatically and workouts became easier. During their NBA championship run, Jason Terry and the rest of the Mavericks would use the cryochamber daily to aid in fast recovery and put a spring back in their legs. Because of its reported success for professional basketball players, many soccer players, rugby teams, cyclists, track and field athletes, and now Olympic athletes are flocking to cryogenic centers all over the world to experience "The big chill."

What does it take? Before entering into a six-foot tall chamber, a client puts a pair of socks on their feet and hands, takes off all jewelry and is asked to totally be dry, so that articles of clothing don't stick to the skin. Next, their skin temperature is taken to be compared to when they exit the chamber. Typically there is a 30-degree difference. Once in the chamber, liquid nitrogen is blasted out at least 5 times during the 2.5-3 minute treatment. The client is instructed to keep walking around in small circles, wiggling their fingers and toes and creating small circles with their arms. The nitrogen feels extremely cold and it is typical to shiver at about 20 seconds into the treatment. Sessions are always monitored by an attendant, and can be stopped immediately if a client feels too uncomfortable. After the treatment, the skin temperature is taken again and the client is instructed not to drink anything warm for 2 hours afterwards. The average temperature for treatment ranges between -140 to -170 degrees Celsius.

The only contraindication from using whole body cryotherapy is if you have a heart condition. Because of the sudden rush of blood through the entire body with the rapid temperature change, blood pressure might be affected, and potential cryogenic patients must be cleared of any heart conditions by their primary care physician first.

To gain maximum relief from achy joint pain, 10-12 successive cryotherapy treatments are typically recommended, (ie. 3x a week for 4 weeks and then 1-4x a month thereafter). For recovery during sports training, 1-2 treatments a week and 1-2x a month thereafter is recommended. There are many elite athletes who experience immediate results with their recovery and who use cryotherapy daily as part of their routine. With this



Cryotherapy significantly lowers skin temperature for a brief period of 2.5 – 3 minutes.

type of training, a one-month break is recommended after a month of treatments. Therapy sessions run between \$50-85 a session at most centers.

As a therapy that helps the body heal itself, whole body cryotherapy is a popular and safe alternative to medications for aches and pains.

*Michael K. Butler B.A.;P.T.A;CSCS*D RSCC*D PES;NMT, is co-owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant and National Certifications with Distinction as a strength and conditioning specialist through the NSCA. He is also a certified full body Active Release Therapist. For more information: 760-200-1719 or www.kinetixcenter.com.*