

HEALTH AND SPA CENTER BAD ZELL

Important Information about whole-body-cryo-chamber-therapy (WBCT)

If you intend to use our whole-body-cryo-chamber, please note the following instructions prior to use:

- A complementary medical consultation and prescription from the spa physician are required prior to whole-body-cryo-chamber-therapy.
- Your blood pressure is measured before entering the coldchamber and should not exceed 160/90 mm Hg.
- Your skin and scalp hair must be thoroughly dry. Please do not use skin-creams/make up beforehand and do not swim or use the sauna oasis at least 2 hours prior to the WBCT.
- In preparation for your therapy, you should arrive for your appointment wearing swimwear.
- The swimwear should have no metal closure and buttons that can come into contact with the skin.
- Please remove glasses, hearing aids, piercings, jewellery and watches etc. before entering the cold chamber.
- Protect your head and ears with a warm cap or a headband. You can bring your own with you or you'll receive one from us.
- Protect your airway with a mask - we will provide you with one.
- Protect your feet with socks and shoes (trainers).
- Follow the instructions of the therapist (nurse).
- Your medical safety is ensured by being in constant contact with your therapist via video and intercom.
- After you enter the cold chamber:
 - Breathe calmly and not too deeply.
 - Stay in constant motion.
 - Enjoy the analgesic effect.
 - There is occasionally a feeling of euphoria under exposure of the cold. Don't be surprised if you are in particularly high spirits after using the WBCT.

Most importantly, have fun und enjoy the experience!

Benefits and risks of whole-body-cryo-chamber-therapy:

The whole procedure takes 3 minutes (30 seconds ante-chamber and 150 seconds main-chamber).

Normally, a course of 10 to 20 sessions is recommended, up to twice daily, with about two hours between sessions.

In many disorders and painful medical conditions, cold acts by reducing pain intensity, especially with joint inflammation, soft tissue rheumatism, psoriasis and atopic dermatitis. The application of whole-body-cold-therapy is regarded as being one of the most effective alternative therapies for rheumatic diseases. Positive effects include reducing inflammation, decreasing pain sensation and increasing patient mobility. Exposure to the cold naturally stimulates the immune system. Even with mild states of depression, favourable results were observed. In fact, some athletes are using WBCT to recover from injuries and improve their performance.

But like any highly effective therapy, WBCT also carries some risks, which you should know. You are exposed to a temperature of minus 110 degrees Celsius. When you enter the cold chamber, the blood vessels of the skin will contract reflexively, causing blood pressure to increase. This increases the workload on the heart and blood vessels in your body. Therefore you shouldn't have any serious heart or vascular diseases, no uncontrolled high blood pressure, no arrhythmias (heart rhythm problems) and no circulatory disorders of the arms or legs (for example Raynaud's disease). Also, do not undergo WBCT if you have a history of "cold-antibodies" or if you suffer from breathlessness in severe cold.

Please do not sunbathe or use the indoor pool within 2 hours before or after WBCT. Do not use heat applications (mud, baths) and only use the sauna on WBCT-free days.

You shouldn't participate in the WBCT, if you have neuropathies, acute infection of the respiratory tract or urinary tract, muscle diseases like myasthenia gravis or nervous system diseases such as epilepsy.

Most patients tolerate the cold temperatures very well. If you feel you have developed a side effect to the cold, please contact the doctor for further information especially, if you form rashes or sores in the cold.

The WBCT is a frequently used and very safe therapy. Very rarely, one may develop a slight superficial frostbite, which generally resolves without sequelae.

A prerequisite for the application of the WCBT is that you have a certain level of physical fitness in order to minimize all possible risks. A detailed medical examination is carried out beforehand. If you are found not suitable for WCBT at the time of the examination, you still can use the other proven physical therapies in our physical therapy-center, for example local cryo-therapy with the Cryo-6 device.