

WHOLE-BODY-CRYO-THERAPY (WBCT) **at the therapy-center Lebensquell Bad Zell**

In Bad Zell, the Crio-Space-Cabin has been in use since 2004.

A complementary medical consultation is provided by our spa physician to ensure you do not have any medical conditions that could be worsened by cold(cryo)therapy and to obtain a prescription for cold therapy.

What clothing do you need for the cold-chamber therapy?

- Swimwear
- Warm cap or headband
- Mouth-mask
- Gloves
- Warm socks and clean, closed shoes (trainers)

Once you are ready for the cold therapy, your blood-pressure will be checked by a therapist/nurse. If it's below 160/90, you will first enter the ante-chamber where the temperature is – 60°C. You stay there for 30 seconds. Then, you enter the main-chamber which has a temperature of - 110 °C and where you stay there up to 2,5 minutes. You can open the door by yourself at any time, and leave the chamber should you feel unwell. The cold chamber can hold 3 – 4 people.

After the cold chamber and in connection with the whole-body-cold therapy, you will have a medical exercise training (except for those with skin diseases) on a bicycle, hand-crank-ergo meter, strength training or vibration training on the Galileo under the supervision of a physiotherapist.

What medical conditions benefit from whole body cold therapy (indications)?

- Chronic inflammatory joint diseases
- Chronic inflammatory diseases of the spine
- Degenerative joint diseases (osteoarthritis)
- Spine syndromes
- Soft tissue rheumatoid diseases
- Collagenosis
- Status post joint and spine surgery
- Psoriasis and atopic dermatitis
- Bronchial asthma (except cold-induced asthma)

Do not undergo whole body cold therapy if you have the following medical conditions (contraindications):

- PAD (peripheral arterial vascular disease) grade III – IV, arterial circulatory disorder
- Unstable angina pectoris
- Recent operation in the heart region
- Severe forms of arrhythmia (heart rhythm problems)
- Severe heart disease within the last 6 month
- Untreated hypertension (Intake criteria: below 160/90)
- Polyneuropathy (disturbance of nervous system/sensation)
- Morbus Raynaud (white finger disease)
- Claustrophobia or panic attacks
- Diabetes mellitus (if there is a tendency to hypoglycaemia)
- Pregnancy

Further questions before entering the cold room:

1. Do you currently suffer from a feverish infection?
2. Do you suffer from a serious illness?
3. Have you ever had health problems in connection with low temperatures?
4. Do/did you suffer from heart or vascular diseases?
5. Do you suffer from a severe circulatory disorder?

If you answer “yes”, to one of the above questions, we suggest that you do not go into the whole-body-cold-chamber and contact one of our doctors first.

Note:

- About two hours before using the cold chamber, you should not use the water, sauna oasis or partake in any sport activities due to the production of moisture on the skin as this may cause circulatory reactions in the cold.
- Please arrive for your appointment ten minutes before the scheduled appointment time.