

FAQs

What is Whole Body Cryotherapy (WBC)?

Cryotherapy is the process of using cold temperatures to promote natural healing and wellness. It dates back to ancient civilizations. Whole body cryotherapy is the modern application and stimulates the same rejuvenation at a whole new level of cold- in just 3 minutes.

What is the history of Cryotherapy?

Whole Body Cryotherapy (WBC) was developed in the 1970's in Japan by Dr Toshima Yamauchi for the treatment of arthritis and has been offered in Europe for 30+ years for pain management, athletic recovery, and inflammation.

Why do people enjoy Cryotherapy?

Survey results indicate many cryotherapy participants use cryotherapy for pain management, workout recovery, mental well-being and weight management. WBC is an excellent complement to existing health and wellness initiatives.

Who can benefit from Cryotherapy?

We cannot make medical claims regarding the results of cryotherapy, but we can discuss who can benefit from it. People experiencing:

- Muscle Pain and Inflammation
- Delayed Onset Muscle Soreness
- Weak Immune System
- Rheumatoid Arthritis
- Fibromyalgia
- Chronic Fatigue Syndrome
- Central Nervous System Diseases
- Depression and Mood Disorders
- Osteoarthritis
- Osteoporosis
- Multiple Sclerosis
- Chronic Pain Syndrome
- Ankylosing Spondylitis
- Inflammation of the Spine
- Degenerative Disease of Joints and Spine
- Inflammation of Tendons, Bursa and Joints

Should I do Cryotherapy before or after exercise?

Participants who utilize cryotherapy before exercise claim they experience increased energy, endurance and flexibility. Participants who utilize cryotherapy after exercise claim they experience faster rejuvenation.

What should I do during the 3-minutes I am in the cryosauna?

During your supervised, 3-minute cryotherapy session, a cryosauna operator instructs you to continuously rotate to maximize your cryotherapy experience.

How often should I do Cryotherapy?

Survey results indicate participants report they experience benefits after 3-5 consecutive cryotherapy sessions. Many participants find that to maintain these benefits, they need to do cryotherapy 2-3 times per week. Xcel Rehab recommends clients participate in consistent cryotherapy sessions.

What is the age requirement for Cryotherapy?

Anyone age 18 or older can enjoy cryotherapy if they meet the height and health requirements. Clients under the age of 18 must have parental consent and a guardian present at the time of the session. The minimum age is 14 years old.

How should I feel during and after my session?

During a cryotherapy session, participants feel a dry cold. Many clients report feeling a sense of calm or rejuvenation after their session. Others report feelings of euphoria or energy.

Are there any health concerns to consider before participating in a Cryotherapy session?

Anyone with the following conditions should NOT participate:

- Uncontrolled high-blood pressure
- Pregnancy
- Raynaud's Syndrome
- Allergy to cold
- Prior heart attack
- Unstable heart pain
- Disease of the blood vessels
- History of blood clots
- Uncontrolled seizure disorder
- Nerve pain in feet and legs
- Open sores
- Any disease or conditions with increased sensitivity to cold

I easily feel claustrophobic- will I feel uncomfortable in the cryosauna?

Yes, your head is always outside of the cryosauna and the cryosauna door does not lock, for an easy exit. If you feel uncomfortable at any point during your session, alert the operator. They can pause or stop the session immediately.

Does nitrogen pose any dangers to my skin if inhaled?

To ensure your cryotherapy session is safe and comfortable, you MUST be completely dry before entering the cryosauna. Also, the operator will ensure you are at the proper height (with risers) for maximum oxygen consumption and they are present throughout your entire session. Nitrogen is a non-toxic, colorless, odorless, tasteless gas and does not support life.